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Focal Point

C A M P U S N E W S

Pilgrim Church Fire Follow-Up

By Dr. Colip

I would just like to thank and compliment everyone for your calm responses to the fire (at Pilgrim Baptist Church) and associated evacuations (at ICO/IEI/RC) this past Friday. First and foremost we are thankful that no one was injured. I particularly appreciated the calm and cooperation of everyone that stayed well into the night as we were trying to ascertain if/when we would be able to get students back into the RC. The students were great, despite high anxiety regarding their personal belongings and where they might be sleeping in the short-term.

As soon as we were cleared by the Chicago Fire Department, a team of ICO personnel including Student Affairs, Facilities Engineers and Security completed a room by room check of the RC to identify issues. Fortunately, internal damage was minimal, particularly considering the possibilities. We lecided to allow all but 18 RC residents to return to their rooms. Mostly related to concern over stability/integrity of windows. RC residents opened their rooms to accommodate those displaced. The others left the building for the evening.

Saturday morning, Facilities Engineers and personnel were on-hand to begin more detailed inspections and securing of rooms so that they could be put back into service back into their rooms. While conditions are still not optimal for several RC residents, everyone's cooperation has allowed us to function and move forward.

In the days and weeks ahead the ICO Facilities Team will continue to repair and replace windows and doors and we certainly hope that by spring we will be back to normal (window and door ordering/delivery will be the longest delay).

My sincere thanks to Dr. Augsburger for being on-hand and demonstrating the leadership we needed, to Laura Rounce for being on-hand and existing with coordination of efforts of both Facilities and Security; to Facilities Team - Opie Nimon, Cary Young, Barry Jones, Gonzalo Rodriguez and Maurice Taylor - who all did amazing work in 24 hours, Beth Karmis for being on-hand and assisting in many ways; Security Team of John Krystyniak, Rich Nelson, Mike Emmett, Jimmy Kuhn and everyone on-duty all weekend; Anthony Barone for being on-hand and assisting; Al Pouch for being on-hand to photo-document the evening; Tracy Smith and the Food Services staff for getting everyone fed and for keeping the hot coffee flowing; Rais Amanda Hobbs, Mandy Mataya, Andrea Vandendool, Mike Drabinsky; and to Dean Scharre and Dr. Lesher for making adjustments to the 1st Year exam schedule to accommodate for the disruptions to student's studies over the weekend. My sincere thanks to the residents of the RC and particularly to those most impacted by damage in your rooms. Your calmness and measured responses demonstrated true professionalism. My sincere thanks to all!

Christmas Toy Drive Success

The Student Association first annual Christmas Toy Drive in affiliation with Michael Reese Hospital was a huge success. We were able to deliver twice as many toys than were needed! It would not have been possible without your support. I would like to thank you on behalf of all the children at Michael Reese Hospital. You provided them with a very special Christmas that I'm sure they will never forget.

Canadian Voting

Information for Canadian Students Studying in the United States regarding Voting in Canada's General Election



Dear Canadian Students in the United States.

Canadians will vote in the 39th general election on January 23, 2006. Elections Canada is seeking to inform Canadian electors, including those living abroad, of their right to vote and the electoral process. I invite you to visit the Connect2Canada.com website for background on the election, prepared by Elections Canada and to become part of the network of Canadians throughout the U.S. If you know other Canadians who would also be interested in this information, please pass this message on to them.

The Connect2Canada site also includes a list of Canadian clubs at U.S. universities and colleges. If you are part of a Canadian club at your school and want it to be included on this list, please contact of Connect2Canada team.

Best wishes for the holidays and good luck with your studies!

Sincerely,

Frank McKenna

Ampassador of Canada to the United States

Did You Know?

Dr. Colip

FDA Approves Label Change for Flomax Following Report of Cataract Surgery Complications

The FDA has approved a label change for Flomax and other prostate drugs warning that taking the drug may complicate cataract surgery in male patients. The action came after results of a study showed a connection between the incidence of Intraoperative Floppy Iris Syndrome (IFIS) during cataract surgery and the patients' use of a prostate drug. The FDA then asked surgeons to track the incidence of IFIS in cataract patients on Flomax and other prostate drugs such as Hytrin, Cardura and Uroxatral and to report verified cases. While Flomax does not affect vision or eye health, it does block the dilator muscle in the iris; during cataract surgery, the pupil must be dilated. A patient with IFIS will not only have a poorly dilating pupil but will also have an iris that ehaves erratically during cataract surgern increasing the risk of complications. Dr. Chang suggests that cataract surgeons inquire specifically about prior use of Flomax, since IFIS can occur several cars after the drug has been discontinued.

Segislation

President Bush signed into law S. 172, a bill that amends the Federal Food, Drug and Cosmetic Act to protect patients from eye injuries due to the misuse of decorative plano contact lenses. The Senate approved the bill in July.

Northwestern Library

Northwestern Health Sciences Library (Galter)

A short time back we had an inquiry regarding ICO student's access to the above library. Jerry Dujsik checked with the staff at the library and learned of the following policy; "The policy is no admittance to non-

Northwestern students, staff, doctors, etc. They do not check ID's between 9 and 5, so someone could sneak in. After 5 pm and on weekends, they would not be allowed into the library."

Spotlight on the Library

by Kathryn Johnston Information Systems Librarian

Happy New Year!

The Library will be closed Monday, January 16, in order to celebrate the Martin Luther King Holiday. The Library will be open normal hours Saturday-Sunday, January 14-15, and beginning again on Tuesday, January 17, 2006.

New Poster

The Library has a new poster displayed in its lobby: "Angle Closure Glaucoma, Cystic Macular Degeneration, and Nanophthalmos: a Rare Inherited Syndrome" by Drs. M. Chaglasian, M. Flynn Roberts, and L. Messner.

On Jan 17th, "Differences in Iris Transillumination Defects in Classic and Age-Related Pigment Dispersion Syndrome Types with Digital Infared Photography" will be displayed. The authors are Dr. D. Roberts, M. Chaglasian, B. Teitelbaum, and M.Flynn Roberts.

Please direct all questions to any of authors.

Pilgrim Baptist Church Fire

The Library has a display of newspaper articles and some photos from our ow A

Pouch showing the fire disaster. It is also in the library lobby

Spanish for Optometrists

The Library has purchased several new items to belo optometrists learn to communicate with Spanish-speaking patients. The books include CD-ROMs so that the learner can read and hear the appropriate Spanish words

and phrases.

PC4120 .M3 C46 2006

Spanish terminology for the eyecare team = terminología en español para el equipo de cuidado ocular.

PC4120 .06 S6 2005 Spanish for Optometrists.

PC4120 .O6 S62 2005 Spanish for Opticians.

Library Full Text Sources

The Atlas of Ophthalmology is a free, public, online database of over 3000 images with legends and diagnoses. It is free of charge and edited by specialists in the field. Users are encouraged to support the atlas by submitting interesting cases. The Atlas may be accessed at http://www.atlasophthalmology.com/ and also is listed on the Library's homepage under Full Text Sources.

The Library also provides from its homepage Ophthalmic Drug Facts, the Physicians Desk Reference [PDR], and the Will's Eye Manual among other resources.

NBEO Books

The Library now has both parts of the Butterworth Heinemann's review questions for the NBEO examination, RE953 .B885 2006. The books are on reserve at the first floor circulation desk. ICO faculty have contributed to both volumes.

Library Photocopying and Printing

From http://theview.ico.edu, it is possible to view how much money is left on your campus card and what charges have been made against it. For instance, if the photocopier or printer does not print your entire job when there is a paper jam, you can check to see if the full cost was actually charged against your card. Also, if you are unable to print or photocopy, it could be that there are insufficient funds to pay for the entire job.

- Go to http://theview.ico.edu
- Scroll down to and click on Online Card

Office on the far right bottom of the screen.

 User your student ID as the Customer Number.

The PIN is initially 1122 but must be changed the first time the account is accessed.

Commencement Info

Commencement Capstone Program – will take place on Wed., May 17th 2006. Commencement rehearsal will also take place on Wed., May 17th in Rockefeller Chapel on the University of Chicago campus. Trolleys will depart from ICO at 12:30 pm to take graduates to the chapel. Details to follow at a later date.

Commencement for the Class of 2006 will be held on Sat., May 20, 2006 at 11 a.m. in Rockefeller Chapel

Dean's List

The following full-time students achieved superior academic performance during the Fall, 2005 quarter by earning a quarterly grade point average of 3.50 or better and no grade below a "B" and/or Honors (H) in all Patient Care courses:

Adamo, Treacy M. Alcalde, Brian R. Alchriti, Manal H. Allen, Megan S. Ambeault, Megan L. Anand, Radha Anderson, Nicholas T. Ansari, Huma Asano, Kaori Austin, Laura A.	Y4 Y4 Y3 Y3 Y3 Y2 Y2
Baas, Eric A.	Y4
Barger, Greyson P.	Y4
Bartels, Amber E.	Y2
Baumfalk, Ramona L.	Y4
Begotka, Brandon A.	Y1
Bejgiert, Laretta M.	Y4
Beloungy, Ryan E.	Y3
Berends, Will M.	Y3
Betterly Sara R.	Y3
Beyer, Timothy M.	Y3
Beyersdorf, Kavit L.	Y1
. 1	

Buckley, Erik T.	Y3
Budahn, Michael S.	Y2
Bui, Wendy U.	Y4
Burke, Robert E.	Y2
Bush, Eileen M.	Y2
Camen, Jesse Ann	Y2
Campbell, Billi Jayne	Y1
Carlson, Tammi L.	Y4
Carter, Anthony B.	Y3
Cate, Leah A.	Y1
Charo, Kathleen T.	Y4
Charoenchote, Wanwalee	Y3
Chaudhary, Neha	Y1
Chaudhery, Shmyla	Y3
Chen, Melissa P.	Y1
Choi, Albert	Y2
Choi, Jamie H.	Y2
Cleveland, Charlene L.	Y3
Cochran, Jessica R.	Y4
Corl, Timothy R.	Y3
Coscione, Luciana M.	Y4
Daugherty, Kelly M.	Y3
DeAngelis, Christopher	
S.	Y4
DiPonio-Tulchinsky,	
Sarah	Y4
Dodgen, Anne E.	Y1
Dokken, Seth A.	Y2
Domino, Xisa	Y2
Donahue Jacqueline M.	Y2
Doyle, Nicholas R.	Y2
Drees, Adam J.	Y1
Drey, Eric M.	Y1
Prosis, Tanya	Y3
Duong, Le M.	Y1
Dzik, Jeffrey D.	Y4
Edstrom, Meagan L.	Y4
Eschmann, Alan P.	Y3
Fahmy, Mona M.	Y3
Fan, Carol W.	Y1
Feldman, Kristie A.	Y4
Ferguson, Jenny B.	Y1
Finley, Maureen K	Y3
Firby, Ashley	Y2
Fischer, Londa L.	Y3
Fleming, Patrick J.	Y2
Flynn, William J.	Y1
Frame, Christopher D.	Y3
Franzeen, Lexie L.	Y4
Gandhi, Vandana K.	Y2
Gheorghe-Youssefi, Maria	Y4

Birnbaum, Suzanne J.

Brafman, Shana B.

Y3

Y3

Gill, Brian K.	Y4	Lam, Gordon W.M.	Y4
Gill, Sukhvinder K.	Y2	Langle, Karina V.	Y3
Godfrey, Kent R.	Y4	Larson, Tamra L.	Y3
Goel, Puja S.	Y4	Lee, Kobie	Y1
Gooding, Cheryl L.	Y4	Lee, Lina	Y2
Goss, Kimberley D.	Y2	Lee, So Yeon	Y4
Grabar, Kristen A.	Y1	Leung, Michael	Y1
Grostick, Darcy L.	Y4	Li, Bi Y.	Y4
Guthrie, Jeffrey K.	Y1	Licup, Albert S.	Y4
	Y4	Lindemulder, Janna F.	Y3
Guzik, Lauren B.	Y2	Lindsay, Elizabeth R.	Y1
Habib, Roger			Y2
Hahn, Johanna K.	Y2	Lloyd, Crystal G.	Y3
Han, Anita M.	Y2	Lloyd, Emily A.	
Hanlon, Edward P.	Y3	Logisz, Catherine C.	Y1
Harapiak, Alison	Y3	Luu, Mai N.	Y1
Harmych, Melissa C.	Y3	Ly, Huong D.	У3
Harthan, Jennifer S.	Y4	Lynch, Todd A.	Y3
Harvey, Andrew M.	Y3	MacDonald, Laura S.	Y1
Harvey, Mariah I.	Y2	Madurski, Amanda L.	Y3
Havens, Erin E.	Y3	Markowitz, Michelle	Y2
Hawley, Jason L.	Y4	Martindale, Katie C.	Y4
Haws, Kayle L.	Y4	Mataya, Amanda J.	Y3
Heath, Brent A.	Y4	McLeod, Heather M.	Y4
Hebda, Jonathan E.	Y1	Meeks, Justin J.	Y3
Heineman, Brooke J.	Y2	Menconi, Michael W.	Y1
Herman, Tate M.	Y3	Mikula, Magdalena A.	Y4
Hileman, William S.	Y3	Moir, Allison	Y3
Hobbs, Amanda M.	Y3	Mok, Miranda J.	Y1
Hoeft, Emmylou T.	Y4	Morfoot Joseph B.	Y3
Hosman, Steven J.	Y4	Morrissey, Colleen M.	Y4
	Y4	Mosley, Megan V.	Y1
Hsiao, Jeff F.	Y2	Mus, Danny	Y2
Hutchins, Rachel A.	Y4	Narbone, Katherine M.	Y3
Hwang, Grace J.	Y1	Needham, Andrea M.	Y2
Ittner, Erica A.		Nelson, Matthew L.	Y4
Jang, Un-Yong T.	Y4		Y2
Jensen, Nathaniel P.	Y	Nguyen, Duong D.	Y3
Jones, Kevin R.	Y2	Nguyen, Phuong N.	
Josephs, Andrew M.	O _{kg}	Nosi, Iva	Y1
Kayser, Sarah K.	YI	O'Brien, Patrick J.	Y1
Kechker, Tanya	Y3	Oakland, Jeffrey A.	Y4
Khalighi, Payman	Y4	Pandya, Aalok P.	Y1
Khan, Nadia K.	Y2	Panovic, Angelina M.	Y3
Khanna, Garima	Y4	Park, Jin H.	Y2
Kim, Yoomi	Y2	Patel, Shreya N.	Y2
King, Jaime b	Y4	Paul, Breanne M.	Y3
Kluss, Marlane M.	Y1	Peotter, Callie M.	Y1
Knapp, Lange B.	Y1	Perry, Ellen S.	Y1
Kolodzie czyk, Jennifer	Y2	Perry, William D.	Y2
Kosir Wichael F.	Y1	Peterson, Elizabeth A.	Y4
Koutoulas, Kosta A.	Y4	Pham, Tu-uyen D.	Y3
Kremer, Kara S.	Y2	Pham-Vang, Sandy	Y4
Kunkel, Matthew C.	Y3	Phan, Nga N.	Y3
LaValle, Bethany A.	Y4	Phillips, Margaret A.	Y4
Lavarie, Decirally 11.		- ,	

Plug, Jennifer L.	Y3
Powell, Rachael M.	Y1
Prawdzik, Karyn B.	Y3
Prettyman, Jessica L.	Y2
Radliff, Jerome C., III	Y4
Ramos, Priscilla L.	Y3
Rieman, Megan J.	Y4
Robinson, Gillian M.	Y3
Rodolfo, Lauren A.	Y1
	Y3
Rogoza, Krista B.	
Rovenstine, Sharon M.	Y2
Sabin, David B.	Y4
Sanders, Elizabeth A	Y4
Saxton-Williams, Liz A.	Y4
	Y1
Seiler, Allyson M.	
Shah, Shilpa V.	Y1
Sheen, Julie S.	Y4
Sierszulski, Monica B.	Y3
Skluzacek, Kristin M.	Y3
	Y3
Smith, Barbara M.	
Smith, Kimberly D.	Y2
Smith, Shannon J.	Y2
Smith, Stefan M.	Y2
Snyder, Beth A.	Y3
	Y3
Sokol, Tessa L.	
Sommer, Jennifer L.	Y2
Song, Jae W.	Y4
Spinar, Susan M.	Y1
Srednick, David A.	Y1
	Y4
Strickler, Crystal H.	
Strombeck, Tracey J.	Y2
Sungulyan, Aykanush H.	Y4
Sutijono, Liezl	
Raquindin	Y4
Szafranski, Alison F.	Y4
	Y3
Szafranski, Carly L.	
Thobani, Azzrah	Y1
Thomas, Abby M.	Y4
Thompson, Michaela J.	Y2
Tran, Susan T.	121
Tsang, Timothy H.	TV4
	771
Tseng, Tommy	II
Tung, Sherman G.	Y4
Van Vark, Michelle D.	Y2
VanDeWyngaerde, Tara N.	Y3
VanDyke, Angela N	Y2
	Y2
Vandendool, Andrea J.	
Veire, Evan J.	Y2
Vergin, Jacob B.	Y3
Vien, Lee Q.	Y2
Walker Mathew T.	Y2
	Y2
Waters, Tilena B.	Y4
• /	

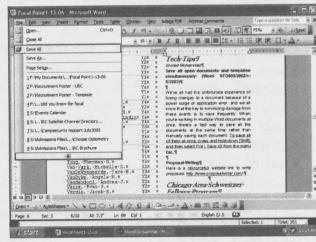
Webb, Paul B.	Y4
Wei, Jolyn	Y2
Weir, Melany D.	Y4
Wiedemann, Allison L.	Y4
Wilkinson, David A.	Y3
Williams, Stacy A.	Y1
Wilson, Timothy N.	Y4
Winckler, Mark R.	Y4
Witzenburg, Eric N.	Y3
Wong, Vanessa	Y2
Wood, Bryan W.	Y4
Wright, Carrie C.	Y3
Wu, Michael K.	Y4
Wyckoff, Karen A.	Y3
Yam, Jane	Y1
Yarzak, Ellen R.	Y3
Ymalay, Ian A.	Y3
Yu, Renee	GR
Zaker, Joseph F.	Y3
Zorzi, Christina M.	Y3

Tech Tips

Ahmed Mohammad

Save all open documents and templates simultaneously (Word 97/2000/2002/v. X/2003)

We've all had the unfortunate experience of losing changes to a document because of a power surge or application error, and we all know that the key to minimizing damage from these events is to save frequently. When you're working in multiple Word documents at once, there's a fast way to save all the documents at the same time rather than manually saving each document. To save all of them at once, press and hold down [Shift],



and then select File | Save All from the menu bar.

Proposal Writing

Here is a resourceful website link to write proposals: http://www.proposalwriter.com/

Chicago Area Schweitzer Fellows Program Project

To apply for the Schweitzer Fellows Program Project you will need:

- 1. Minimum of 200 hours of direct service through an existing community based organization in the Chicago area.
- 2. A supervisor, or Site mentor, at the host organization and a Faculty Mentor at the student's school
- 3. Monthly progress reports on the Fellow's project
- 4. Written report at the conclusion of the project, including recommendations for ways in which the most valuable aspects of the Fellow's project and experiences can be replicated or sustained.

Stipend: \$2000 (paid in 3 installments) Eligibility: enrolled at least part-time for the 06-07 academic year in a health-related, graduate-level-degree granting program in the Greater Chicago area. Include cover sheet, resume'(no longer than 2 pages), a personal statement of 2 pages maximum that discusses your motivations for applying and the ways in which participation as a Schweitzer Fellow would be meaningful to your personal and professional development. The statement should also include a description of a potential project you might implement as a Fellow.

Deadline: Feb 3, 2006
Finalist will be interviewed in Warch, and the Fellows will be announced in early April.
Contact person: Ray Wang 312 372-4292

Faculty Update
Faculty Sings Plays
Trumper with
Choir

Dr Sominick Maino
was a featured soloist with the St.
Bartholomew Choir during their annual
Christmas Concert. He sang "Comfort Ye"

from Handel's Messiah and also did a duet ("Mary Did You Know") with the choir director, Ms. Laura Dejmek (a classically trained soprano). Dr. Maino directed the St. Bartholomew Brass Ensemble as well. Photographs of these events can be found at http://www.stbartholomew.net.

Weather Hotline



Call 312-949-SNOW (7669) to find out if school is closing because of the weather.

CLASSIFIEDS

Workstudy

Time to begin thinking about Spring Quarter, it's just around the corner! If you are reliable, and interested in picking-up some hours as workstudy, call Mary Rutherford at 7222. Hours available in all Sub-Specialty departments.

Workstudys Needed Compensation at the optometry rate!

pediatric (17 years and younger) HRT II Study in compliance with the Institutional Review Board approval of said study and ethical guidelines of subject recruitment. Dr. Castells will train. Students MUST be available during any time slot below:

Mondays: 9am-12pm, 1pm-4pm Tuesdays: 9am-12pm, 1pm-4pm

Fridays: 9am-1pm

Purpose of the Study: To create a pediatric normative database for the Heidelberg Retinal Tomographer II This will aid clinicians in the diagnoses and management of retinal diseases in children

*** INTERESTED??? ***

Contact Dr. David Castells (312) 949-7247 dcastell@eyecare.ico.edu

RESIDENCIES

*For more detailed information regarding residencies, please stop by Student Affairs. All residency information is located in the cabinet on the South Wall.

Flyers are now available in the Student Affairs Residency Information File for the following programs:

Affiliated with the Pennsylvania College of Optometry:

At The Eye Institute: Primary Eye Care Pediatric Optometry/Vision Therapy Low Vision Rehabilitation Cornea and Contact Lens

At External Sites: Ocular Disease/Primary Care **Baltimore VAMC** Perry Point VAMC Wilkes-Barre VAMC Wilmington VAMC Omni Eye Services Islin, NJ

Baltimore, MD Seidenberg-Protzko Eye Associates

Refractive Evecare/Ocular Disease Minnesota Eve Consultants Northeastern Eye Institute

The following information is now available in the Residency Information File in the Student Affairs Office:

Flyers from University of California **Berkeley**

Includes information about the following programs:

- Binocular Vision (UCB)
- Ocular Disease (UCB)
- Contact Lens (UCB)
- Pediatrics (UCB)
- Low Vision (UCB)
- Primary Care (UCB)
- Primary Care (Fresno VA)
- Primary Care and Low Rehabilitation (Palo Alto VA and Western Blind Rehab Center)
- Primary Care (San Francisco VA)

the Student Affairs Office for more information! For all scholarships and fellowships, please stop, b All scholarship information can be found in the drawer of the cabinet on the South wall.

Alcon 4 th Year Optomety Student Case report of Alcon product S1,000 National winner Student Affair	6
2006 Scholarship Award – Case Study Winner additional \$5,000	
AOA Student Leadership Award for 2006 AOSA member Leadership role One page Vita Good academic standing Brief statement reflects values \$1,000 To Student Affair	

Chicago Area Schweitzer Fellows Program Project	 Health Professions, Graduate level-degree in Chicago Area Original proposal for projects that reflect Dr. Schweitzer's ethic of Reverence for Life Projects include 200 hours direct service, Site mentor, Faculty Mentor, Written report 	\$2,000 Stipend	February 3, 2006 Contact person: Ray Wang 312 372-4292
The Jewish Federation of Metropolitan Chicago Academic Scholarship Program	 Domicility in Greater Chicago area. Jewish student in "helping profession" 	\$500,000 available funds	February 15, 2006 Apply at www.jvschicago.org and click on Scholarship Services. or call 312-673-3457
AOA Endowment Fund - Patrick Everet Cummings Memorial Scholarship Fund	 3rd Year Good Standing AOSA Good Academic Standing Resume Paper of 1,500 words 	\$3,000	Due to Student Affairs by 3/14/06
AOSA - Vistakon Travel Grant	 500 word Essay Good academic standing 1 page curriculum vitae 	2-\$500 travel grants 1 - \$1,000 overall winner	Submit to SAO by March 15, 2006
The 2006 Dr. Seymour Galina Grant	 Third-year student in good standing with AOSA Good academic Standing Paper of 1,500 words 	\$2,500	10 Student Affairs by

The Student Affairs Office has more information, so stop by and check it out

FITNESSCORNER

Massage Therapy

Do you think massage therapy is just a frivolous expenditure? Think again Studies suggest that massage therapy helps to enhance concentration, decrease anxiety, improve overall feelings of well-being, as well as many other positive health benefits. If you want to read more about the benefits of massage therapy check out http://www.lolistic-online.com/massage/mas_benefits.htm

As you read about the benefits, keep in mind that massage therapy is available right here on the ICO campus!

Sharita Davis, certified massage therapist, provides table massage every other

Wednesday. She'll work on you for as long as you like—anywhere from 10 minutes up to an hour or even more! Sharita's training qualifies her to work on you for problems ranging from simple stress reduction to more complex musculoskeletal problems. Massage clients remain fully clothed, and no oils are used.

Don't forget that massage therapy gift certificates make easy, inexpensive, and always-appreciated gifts for your friends and co-workers!

Sharita's will be at ICO on *Wednesday*, *January 25 from 11:30-2:30*. Cost is \$10 per 10-minute session. Please call x7415 for further information, to purchase a gift certificate, or to schedule an appointment.

Free Personal Training

Is the cold weather keeping you inside on the couch?

Are you tired of seeing darkness fall shortly after you've finished lunch? Do you need a little gentle prodding to keep your body moving at this dreary time of year?

Keep the wintertime blahs away with a motivating—and FREE—personal training session! Our fantastic staff of trainers will work with you to make sure you get active—or stay active—this winter. Just drop your preferred trainer a note in his/her box—remember to include your name, phone number, and preferred training time(s). And remember, our trainers are happy to work with everyone at ICO—students, staff, and faculty!

PERSONAL TRAIN	NERS
Greyson Barger	Box 489
Danny David	Box 508
Randy Gunia	Box 528
Donnie Hager	Box 46
Emily Southcott	Box 246

Eye On Wellness:
Shovel Snow Like A

Pro

It's that time of year

when many Chicagoans hobble

around with wrenched

backs from shoveling of the control of the control

snow. According to the U.S. Consumer Product Safety Commission, more than 44,000 people were treated for snow-shoveling and snow blowing-related injuries. But a few preventive measures go a long way. Try these when you're shoveling—or even when you're lifting or pushing heavy loads:

- Think of snow removal as a lowerbody, not an upper-body, activity.
- Always scoop or push snow in the direction you plan to "store" it.
- Avoid twisting the torso with a loaded shovel.
- When pushing snow, lower the handle to hip height, engage the core muscles, set the shoulders, and then use the legs to power the push.
- * Push snow as far as possible until you meet too much resistance, and then scoop it away.
- Scoop smaller loads more frequently, instead of trying to clear the area with one scoop.
- * Stand in a narrow lunge stance with feet shoulder distance apart. Hold the chovel like a hockey stick, set the core and shoulders, and then bend the legs, scooping a half-full load. Straighten the legs and use this energy to fling (think shuffleboard) the snow forward.
 - Frequently alternate the primary leg and hand.

--Idea Fitness Journal, January 2006

		E ROOM YOU WILL BE TAKING THE TEST.		
ATE	FIRST YEAR	SECOND YEAR CLE 270.2 Ophthalmic Optics II	THIRD YEAR	FOURTH YEAR
F		Room 1200-1203	Revised	- ING
12/5	BHS 120.2 Geo/Theo Optics			4 /Q/(IO
M	Room 1200-1203		- deal	112100
10/0		BHS 254.2 Gen/Ocu Pharmacology	BOAISER	
12/6 T		Room 1200-1203	Mo.	
-	5110 450 Bi 1 1 1 1			
12/7 W	BHS 150.2 Biochemistry Room 1200-1203			
2/9	BHS 116.2 Physiology & Pathology	CLE 262.2 Optometry 2.2		
F	Room 1200-1203	Room 1201-1202		
2/13	BHS 106 Histology		CLE 367 Low Vision	
T	Room 1200-1203		Room 1201-1202	
2/14		BHS 263.1 Ocular Disease I		
w		Room 1200-1203		
2/15	BHS 107 Ocular Anatomy			
TH	Room 1200-1203			
2/16		BHS 245 Color Vision	CLE 376.1 Strab & Amblyopia	1
F		Room 12000-1203	Room 1201-1202	
1/3	BHS 120.2 Geo/Theo Optics	BHS 246 Visual Perception		
T	Room 1200-1203	Room 1201-1202		
1/5	CLE 162.2 Optometry 1.2	BHS 248 Persp on Behavioral Disorders		1
TH	Room 1200-1203	Room 1201-1202		
1/6			BHS 360.2 Clinical Medicine II	1
F F			Room 1200-1203	
1/10		CLE 270.2 Ophthalmic Optics II		
T T		Room 1200-1203		4
	DI 10 100 115 1		PUC 262 A Coules Empres	1,
I/11 W	BHS 106 Histology Room 1200-1203		BHS 363.4 Ocular Emergendies Room 1201-1202	1
1/40	DUC 450 0 Binch conintral	BHS 254.2 Gen/Ocu Pharmacology	.01	-
I/13 F	BHS 150.2 Biochemistry II Room 1200-1203	Room 1201-1202		
1/10	DI 10 107 O- 1 A	CLE 252.2 Optomoto, 2.2		
1/18 W	BHS 107 Ocular Anatomy Room 1200-1203	CLE 262.2 Optometry 2.2 Room 1201-1202	N	
1/19			CLE 367 Low Vision	
TH			Room 1200-1203	
		DUG 046 Viewal Paracritica		
1/20 F	BHS 116.2 Physiology & Pathology Room 1200-1203	BHS 246 Visual Perception Room 1201-1202		
		PUR 260 4 O suites Direction		-
1/23 M	BHS 120.2 Geo/Theo Optics Room 1200-1203	BHS 263.1 Ocular Disease Room 1201-1202		
	DUO 400 1 11-1-1-	()\(\times\)		-
1/25 W	BHS 106 Histology Room 1200-1203	, v		
1/20		PHS 248 Despt of Pohaviard Disasters	CLE 376.1 Strab & Amblyopia	-
1/26 TH		BHS 248 Persp on Behavioral Disorders Room 1200-1203	Room 1201-1202	
	DUO 450 2 Bisshamista II	1		-
1/27 F	BHS 150.2 Biochemistry II Room 1200-1203	70)		
	01546220	(V)		-
1/30 M	CLE 162.2 Optometry 1.2 Room 1200-1203			
4/24	60	BHS 245 Color Vision	BHS 360.2 Clinical Medicine II	-
1/31 T	U	Room 1200-1203	Room 1201-1202	
	DHC 406 Min Land			+
2/1 W	BHS 106 Histology Lab Final Room 1200-1203			
	~0.		NOTE, EVAN CREEK BURNE	-
2/3			NOTE: EXAM GIVEN DURING CONFERENCE 2:30-3:20	
F		CLE 270.2 Ophthalmic Optics II	CLE 380.2 Clinic Exam	
		Room 1200-1203	Room 1201-1202	
257	BHS 107 Ocular Anatomy	BHS 254.2 Gen/Ocu Pharmacology		
	Room 1200-1203	Room 1201-1202		

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Focal Point

CAMPUSNEWS

Practice Opportunities Symposium

It's that time again. A fairly new tradition at ICO is the Practice Opportunities Symposium. It is offered to showcase the multitude of existing practice opportunities available to optometry students upon graduation.

We have a wonderful day planned for students, ICO alumni and area optometrists. You will visit, in some cases get reacquainted, learn, share information, and network with others in the profession. This year the panelists will consist of ICO alumni and in addition, we will also have experts in the field of business and finance. The theme is: "The Business of Practicing Optometry."

After the presentations there will be at exposition in the gym, which will provide unique opportunity for all organizations, corporations, and practitioners with current or future opportunities for optometrises to meet at their table with students and alumini.

Symposium will be held on Friday – March 3rd, 2006 beginning promptly at 1:30 p.m. in the Lecture Center and immediately following the lecture, there will be a fair with an assortment of hors' doeuvres sponsored by ICO's Alumni Council.

essential to ICO's success and longevity has

been the ability to remain at the forefront of evolution in the teaching and practice of optometry. The Practice Opportunities Symposium enhances this ongoing endeavor. Should you have any questions, please see Tracy Faulkner in the Wellness Center or contact her at x7403.

Intranet Coming Soon!

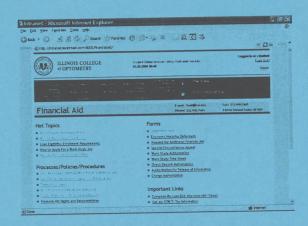
On February 27th, ICO will be launching our intranet site for Student Online Services. Through this site wa'll be able to have 24/7 access to the forms, frequently asked questions, patrcies/procedures and other important information for many of the offices on campus. The goal of this site is to provide you with the information that you need when you need it. You'll also find a message board for online forums. We encourage you to keep an eye out for new functionality that will be coming online throughout the year.

Whether you're on campus or on externship, you'll be able to have access to the basic materials that you need to take care of your business with our offices.

Here are some examples of what you can expect to see.



Or see a department's page:



New Smoking Policy

In order to comply with the City of Chicago Ordinance, effective Sunday, January 15th, 2006, ICO Policy will be:

- Smoking will no longer be allowed in any of our garages, except for the top deck of the parking structure, at least 15 feet from the door. A "smoker outpost" will be placed in the designated smoking area of the top deck only.
- Smoking will no longer be allowed in the courtyard between buildings.
- Smoking will no longer be allowed within 15 feet of any of our entrances.
- Violations by employees or students will result in disciplinary action, and repeated violations will result in termination of employment.

Employees have the right to file a complaint, in the event that smoking is allowed in enclosed areas or within 15 feet of any entrance, with Human Resources. Additionally, injunctive relief may be sought against the management of the place of employment.

The City of Chicago has set parameters for violations. Reported violations will result in penalties to the employer of up to \$2,500 and a 60-day suspension or revocation of any permit or license issued for the premises.

Additionally, a person who smokes in a area where smoking is prohibited may be fined not more than one hundred dollars by the City of Chicago.

A copy of the City Ordinance is posted on the Bulletin Board outside of Human Resources or can be found at the City of Chicago website - Clean Air Ordinance. Thank you for your attention to this new ordinance.



4

NATIONAL BOARD OF EXAMINERS IN OPTOMETRY

December 2005 Scores

You may now view your National Board Scores Online!

Visit their website at www.optometry.org
And click on the link for "View Online Scores"
There you may view and print a copy of the
most current exam scores. These scores are
not official score reports, and, therefore, will
not be accepted by state boards.

Also use our website to:

- Change your address
- order official score reports
- Register for exams
- Answer FAQs and much more!

2006 – 2007 RC Room Assignments

If you are interested in living in the RC for the 2006 – 2007 academic year, please sign up in the Student Affairs Office. The sign up sheet will be available from **Friday**, **January 27**th at **9 am** until **Friday**, **February 17**th at **4 pm**. Those who sign up will be informed of their preliminary room assignment in the first few weeks of Spring quarter.

Questions? Contact: Amanda Hobbs (7806), Andrea Vandendool (7956) or Sharon Uher (7405)

Did You Know?

Dr. Colip

Fitting Tip: A Tip for Insertion and Removal When showing a patient how to put on or remove a soft contact lens, use the knuckle of your pointer finger. If you bend your fingers into a fist (thumb inside), the knuckle mimics the curved surface of the eye on which to practice placing and removing the lens. You can wet the knuckle as well to further mimic corneal action. This builds the patient's confidence and skills. I have had 100% success with this technique. *Tracey Boss, O.D.*

Contact Lens Manages Trauma

Researchers at the University of Texas Southwestern Medical Center's Department of Ophthalmology in Dallas published a case that documents report Pseudomonas aeruginosa infection associated with daily wear of a silicone contact lens. The subject also had bilateral, preexisting biomicroscopic findings of ocular seborrheic blepharitis, rosacea. keratoconjunctivitis sicca and chronic corneal epitheliopathy. punctate researchers conclude that the patient's collective problems produce an increased risk of infection for wear of any contact lens. They further underscored the importance of proper patient selection and post-fit monitoring, even when using hyper-oxygen transmitting silicone hydrogel lenses.

Robertson DM, Cavanagh HD. Pseudomonas aerginosa Keratitis in an Atopic Silicone Hydrogel Lens Wearer With Rosacea. Eye Contact Lens. 2005 Nov;31(6):254-6.

Attention Graduates

ICO extends the opportunity for a parent or sibling who is a graduate of ICO to participate in your hooding at the Commencement ceremony. Forms are attached to the Graduation Newsletter which have been placed in your mailboxes. If you would like to participate in this tradition please complete the form and return it to Sharon Uher in the Student Affairs Office by March 6th.

Spotlight on the Library

by Kathryn Johnston

Information Systems Librarian

Library Research Tips

To find all of the words or names that begin with specific letters in the online catalog, use a \$. For instance, **Fuch\$** will retrieve Fuch, Fuch's or Fuchs or Fuchs'.

Fuchs' syndrome also is called Fuchs' heterochromic iridocyclitis. To find both names of the disease, search

Fuchs\$ and (syndrome or heterochromic)

Our online catalog, iLink, can search for articles or books, videos and other materials if it is set for **Library: ALL**. If you search only for **Library: VisionCite**, only articles will be found. **Library: Shepard Library** finds only books, CD-ROMS, DVDs, videos, audio tapes, and other physical items in the Library.

All the articles in VisionCite are available in the Library, either in the magazines and journals on the second floor or the first floor display shelles, or as part of our online, electronic resources from our website.

Duane's Clinical Ophthalmology either in print form or on CD-ROM is a valuable resource for finding introductory information on a research topic. Duane's provides an overview of all eye diseases and conditions, including symptoms, diagnosis, and treatment, and has many color illustrations. The print form is kept at the first floor reserve, and its indexes are on the corner of the desk counter. The most recent CD-ROM versions are shelved with the CD-ROMs and may be checked out for 3 hours (2005) or older ones for one week. The CD-ROM versions from the 1990s are shelved in the book stacks and may circulate for four weeks.

Please contact one of our librarians if you need research assistance!

More New Posters

On Monday Jan 30th, the Library will display

another faculty poster in its lobby: Challenges to Providing Community Based Eyecare to Low-Income Seniors by Drs. J. Winters, and E. Gable.

On Feb 6th, Isoniazid Toxicity and the Eye will be displayed. The authors are Dr. A. Rozwat, and L. Messner.

Stop by the library and see the work done at ICO for Academy meetings by our faculty and remember to please direct all questions to the authors.

Internet connections in the library.

Remember that the library carrels on both floors have wired network jacks so that you can plug into the network. This will give you



access to the internet. You can borrow network cables from Media Circulation. Please do not unplug the library computers to use your laptop. Thank you for your cooperation.

Tax Forms

The Library has Illinois state tax forms and instruction booklets available. United States federal tax forms and instructions may be found online at http://www.irs.gov.

From the Mailroom:

Please be aware that the cost of postage has increased for all products.

- A First Class letter (up to 1oz.) is \$.39.
- A First Class letter to Canada (up to 1oz.) is now \$.63
- Priority Mail Flat rate envelope is \$4.05 (and up)
- Express Mail 3 314.40 for a letter

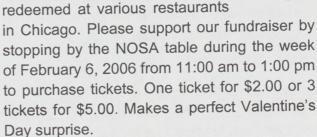
Please have all overweight or bulky letters weighted for the correct postage. Letters that are left in the tray have been sent at \$.39

even if you left only \$.37 If you need two cents added to your envelope, we can do that for you, just ask. Any questions call X7085 or X7087.

The Mailroom

NOSA Valentine's Day Fundraiser

NOSA will be raffling two \$50.00 gift certificates that can be redeemed at various restaurants



MCA

Upcoming events for MCA:

Sunday, Jan 29th - dim sum @ Moon Palace, 11am, China Town: Parade @ 1:00PM A nice Chinese New Year brunch and a Chinese New Year parade afterwards.

Details: Meet at the RC @ 10:30am. We will be taking the red line to china town since parking will be hard to find. As always, MCA will pay tok tax & tip for MCA members. Please son up by Friday, 01/27th.

Thursday, Feb 2nd 12:30pm - 1:30pm - ocation TBA. International Night Sign Up.

Want to show what all your culture is about? International Night is the NIGHT!! Come sign up!

Note: if you are wondering what International Night is, check out last year's International Night photos in the Yahoo Group.

Saturday, Feb 4th 7pm-9pm - German Restaurant and Bar outing. Experience delicious German foods and a fun night at a bar!!

MCA Fundraiser: Week of Feb 6/06

Spread love at ICO with a Valentine's Day Candy-o-gram!! Look for upcoming announcements for more details.

All proceeds from this event will go towards the MCA Scholarship Fund

Tech Tips

Ahmed Mohammad

Watermark In Word

Microsoft Word lets you create watermarks to help readers differentiate between various types of documents. If you want to unobtrusively label a letter to a client as a draft, click Format, Background, and Printed Watermark. The Printed Watermark dialogue box gives you several options for your own custom watermark. Be sure you select either "washout" "semitransparent" or the before confirming checkboxes your watermark selection.

www. smartcomputing.com

How to setup a Temporarily Absence Greeting on your ICO office phone.

Temporarily Absence Greeting allows you to record and schedule a temporary greeting to be heard while you are out of the office. This greeting provides a special alert if callers try to bypass it. The greeting can be scheduled to end at a specific date and time (the system then reverts to your normal greeting).

- 1) Access your mail box
- 2) Press 82
- 3) Press 3, for the Temporary greeting
- 4) Press 5, after the top record your temporary greeting, press when completed.
- 5) Press 9, to set the expiration date/time and follow the prompts. If you do not set an expiry date, you will have to delete the temporary greeting.
- 6) Press 2 to review the greeting.

Lockers Reminder

Attention Fourth Year Students Leaving ICO for Off-Campus Externships in Spring

Please take the responsibility of removing your belongings and your lock from your locker to make the locker available for another fourth year student returning from an externship site. Also, please inform Kathy in the Student Affairs Office (7405) which locker you are vacating.

Attention Fourth Year Students arriving On-Campus from Off-Campus Externship

If you are in need of a locker, please stop by to see Kathy in the Student Affairs Office to register for an available locker. It is advisable to place your lock on the locker immediately after you register. Thank you for your cooperation.

Weather Hotling



Call 312-949 SNOW (7669) to find out if school is dosing because of the weather.

ZLASSIFIEDS

Clinical Practice Experience

Suite Technicians are needed 1:00pm - 4:00pm M-F in Suites 2 and 3 working with Advocate patients. Duties will include taking patient history, vision testing, entrance tests, visual fields, etc. If you are willing to work and are available a minimum of 2 hours at any time please contact Joyce at 7211 or jbugno@ico.edu.

Workstudy

Time to begin thinking about Spring Quarter, it's just around the corner! If you are reliable, and interested in picking-up some hours as workstudy, call Mary Rutherford at 7222. Hours available in all Sub-Specialty departments.

RESIDENCIES

*For more detailed information regarding residencies, please stop by Student Affairs. All residency information is located in the cabinet on the South Wall.

Flyers from The Ohio State University College of Optometry are available in the Residency Information File in Student Affairs:

Includes information about the following programs:

Primary Eye Care/Ocular Disease (Chillicothe/Columbus VA)

Primary Eye Care Ocular Disease (Cleveland VA)

Primary Eye Care Ocular Disease (Dayton VA)

Primary Eye Care Ocular Disease (Hampton VA, Hampton, Virginia)

Ocular Disease (Cincinnati Eye Institute)

Ocular Disease (Eye Center of Toledo)
Ocular Disease (Ohio Eye Alliance, Alliance,

In addition, any 4th year students who are interested in MS or PhD programs at Ohio State should contact Dr. Karla Zadnik at kzadnik@optometry.osu.edu for more information.

SCHOLARSHIPS

For all scholarships and fellowships, please stop by the Student Affairs Office for more information! All scholarship information can be found in the 3rd drawer of the cabinet on the South wall.

Scholarship	Who's Eligible	Amount	Deadline
Alcon 4 th Year Optomety Student 2006 Scholarship Award – Case Study	 4th year Case report of Alcon product 	\$1,000 National winner additional \$5,000	January 31, 2006 To Student Affairs Office
AOA Student Leadership Award for 2006	 3rd Year Students AOSA member Leadership role One page Vita Good academic standing Brief statement reflects values 	\$1,000	February 1, 2006 To Student Affairs Office
Chicago Area Schweitzer Fellows Program Project	Health Professions, Graduate level-tegree in Chicago Area Original proposal for projects that reflect Dr. Schweitzer's ethic of Reverence for Life Projects include 200 hours direct service, Site mentor, Faculty Mentor, Written report	\$2,000 Stipend	February 3, 2006 Contact person: Ray Wang 312 372-4292
The Jewish Federation of Metropolitan Chicago Academic Scholarship Program	 Domicility in Greater Chicago area. Jewish student in "helping profession" 	\$500,000 available funds	February 15, 2006 Apply at www.jvschicago.org and click on Scholarship Services. or call 312-673-3457

AOA Endowment Fund - Patrick Everet Cummings Memorial Scholarship Fund	 3rd Year Good Standing AOSA Good Academic Standing Resume Paper of 1,500 words 	\$3,000	Due to Student Affairs by 3/14/06
ASCO Student Award in Clinical Ethics (CIBA Vision)	 3rd and 4th Years Case essay up to 1,500 words Electronically submitted 	National winner: \$1,000 and plaque	March 1, 2006 to Student Affairs Office. One will go to ASCO National Office to be judged.
Cribb Leadership & Service Award	 Outstanding Leadership 1^{st,} 2nd, 3rd and 4th Years 	\$1,000 and \$4,000 for forth year and plaque	Submit to Meagan Petraitis, box 224, by March 1, 2006
AOSA - Vistakon Travel Grant	 500 word Essay Good academic standing 1 page curriculum vitae 	2-\$500 travel grants 1 - \$1,000 overall winner	Submit to SAO by March 15, 2006
The 2006 Dr. Seymour Galina Grant	 Third-year student in good standing with AOSA Good academic Standing Paper of 1,500 words 	\$2,500	To Student Affairs by 4/17/06
Walman Optical Company Scholarship Program	 2nd or 3rd Year US Citizen or resident Alien 	\$500 to \$3,000	Postmarked no later than April 10, 2006
AFVA - Michigan Affiliate	 Resident of Michigan 3rd year B or better Practice in Michigan 	\$1,000	Mailed to Mary Bellows by May 1, 2006

The Student Affairs Office has more information, so stop by and theck it out

FITNES SCORNER

Massage Therapy

With the quarter winding down...practicals, exams, and everything else you want to accomplish. The you winding down too? Give some thought to getting a massage. Studies suggest that massage therapy helps to enhance concentration, decrease anxiety, improve overall feelings of well-being, as well as many other positive health benefits. If you want to read more about the benefits of enline.com/massage/mas_benefits.htm check

you read about the benefits, keep in mind that massage therapy is available right here on the ICO campus!

Sharita Davis, certified massage therapist, table massage provides Wednesday. While we book appointments in 10 minute intervals, she'll work on you for as long as you need or like. Sharita's training qualifies her to work on you for problems ranging from simple stress more complex reduction musculoskeletal problems. Massage clients remain fully clothed, and no oils are used.

Don't forget that massage therapy gift certificates make easy, inexpensive, and

always-appreciated gifts for your friends and co-workers!

Sharita's will be at ICO on Wednesday, February 1st. Cost is \$10 per 10-minute session. Please call x7415 for further information, to purchase a gift certificate, or to schedule an appointment.

Free Personal Training

Is the cold weather keeping you inside on the couch? Are you tired of seeing darkness fall shortly after you've finished lunch? Do you need a little gentle prodding to keep your body moving at this dreary time of year?

Keep the wintertime blahs away with a motivating—and FREE—personal training session! Our fantastic staff of trainers will work with you to make sure you get active—or stay active—this winter. Just drop your preferred trainer a note in his/her box—remember to include your name, phone number, and preferred training time(s). And remember, our trainers are happy to work with everyone at ICO—students, staff, and faculty!

PERSONAL TRAINERS		
Greyson Barger	Box 489	
Danny David	Box 508	(
Randy Gunia	Box 528	
Donnie Hager	Box 46	-
Emily Southcott	Box 246	
ETTIIIY SOUTHCOTT	DUN ATO	

*Please note, Emily's schedule is already booked.

Eye On Wellness

Celery

Although we usually think of Celery as a diet food for weight loss, it is also known for its health benefits as well.

Health Benefits

Celery contains vitamin C and several other active compounds that promote health, including *phalides*, which may help lower cholesterol, and *coumarins*, that may be useful in cancer prevention.

Pthalides

Celery's beneficial blood pressurereducing action has long been recognized by Chinese medicine practitioners, and now scientists have discovered how it works.

Celery contains active compounds called pthalides, which relax the muscles of the arteries that regulate blood pressure, allowing these vessels to dilate. Pthalides also reduce stress hormones, one of whose effects is to cause blood vessels to constrict. When researchers injected 3-n-butyl phthalide derived from celery into test animals, the animals' blood pressure dropped 12 to 14 percent. In humans, an equivalent dose would be supplied in about a stalks of celery.

Cholesterol-lowering Benefits

In studies of animals specially bred to have high cholesterol, celery's cholesterol-lowering activity has been demonstrated. In eight weeks, aqueous solutions of celery (like celery juice) fed to specially bred high cholesterol animals significantly lowered their total cholesterol by increasing bile acid secretion.



Focal Point

Did You Know?

Dr. Colip

Surgical Monovision and Monovision Reversal in LASIK

This study was designed to assess the success of surgical monovision in I love thee, I love thee, presbyopic patients. A 'Tis all that I can say; refractive surgery It is my vision in the night, center chart review of 82 My dreaming in the day. patients who elected to Thomas Hood undergo surgical monovision with laser in situ keratomileusis (LASIK) between January 2000 and January 2003 was conducted. Specific factors analyzed included preoperative and postoperative defocus spherical equivalent, patient whether the underwent enhancements, a preoperative monovision trial with contact lens or monovision reversal.

Mean preoperative spherical equivalent in the distance-corrected eye was -4.07; for the eye corrected for near vision, mean preoperative spherical equivalent was -4.10. Postoperative spherical equivalent in the distance eyes was -0.01 and in the near eyes 24. There were six enhancements in the near eyes (7 percent) and 17 enhancements in the distance vision eyes (21 percent). This difference was statistically significant. Thirty patients under nt a contact lens trial of monovision before LASIK, and none of those patients elected monovision reversal. There 2 patients who did not undergo a prizact lens monovision trial before LASIK monovision, and two of these patients underwent monovision reversal. Monovision success in this population was 97.6 percent.

> Surgical monovision can help presbyopic patients achieve their goal of reduced dependence on spectacles. A trial of monovision contact lenses or spectacles may be important in helping surgeons select patients for successful surgical monovision.

SOURGE, Reilly CD, Lee WB, Alvarenga L, et al. Surgical monovision and monovision reversal in LASIK. Cornea 2006;25(2):136-8.

ch Tips

hmed Mohammad

What To Do When You Encounter Popups(www.smartcomputing.com)

The main thing you want to accomplish is to close the pop-up and not actually interact with it in any other way. Not interacting means not following any links the pop-up is trying to direct you to, be they other Web sites or spyware, malware, or Trojan horses. The first rule of pop-up control is to always close popups without clicking anywhere inside the pop-up itself. You have a few choices. The first and most popular is to click the Close box (the little X button on the top-right corner of the pop-up). Alternatively, use the

Close command in the Control menu

(the menu that appears by clicking the

small icon in the top-left corner of the pop-up); the keyboard short-cut to this command is ALT-F4. Another option is to right-click the Taskbar button that corresponds to the popup and choose Close from the menu that appears. If the Close box is hiding off the edge of the screen, either drag the pop-up by its Title Bar (the top-most part of the pop-up) back so you can see the Close box and then click it or use one of the other methods. Fake pop-ups should be handled the same way, but there's a wrinkle: You need to work as if the entire browser window is a giant pop-up. In other words, the graphic in the center of the page is just simulating a small pop-up, so that Close box you see on it is a fake one. Clicking it will activate a download or direct you to any Web site that it wants, and that's exactly what you want to avoid. Instead, close the entire browser window, either with the main window's Close box, the Control menu's Close command, or via the Taskbar.

Many surprise pop-ups look exactly like Windows error messages. Some are obvious advertisements that have an inviting Close or No Thanks or OK button. Some ask questions to which you'd feel like a fool for not clicking the Yes button provided. This is intentional, as pop-up writers are trying very hard to get you to click anything within their windows, and many are not beyond trying to trick you into doing it. Every click they manage to get either adds a little revenue to their advertising program, directs you to a Web page ye otherwise wouldn't go to, or in the worst cases, installs spyware onto your completer.

ICO Phone Tip

Oitiled by

How to automatically call the sender after listening to a message.

After listening to the message, pres 9 to call the sender.

Practice Opportunities Symposium

It's that time again. A tradition at ICO the Practice Opportunities Symposium. It is offered to showcase the multitude of existing opportunities practice available optometry

students upon graduation.

We have a wonderful afternoon planned for students, ICO alumni and area optometrists. You will visit, in some cases get reacquainted, learn, share information, and network with others in the profession. This year the Professional Career Development Office in Student Affairs responded to your requests. Just like the Toyota ad and slogan: "You asked for it, you got it!" Leading the panel will be alumni from Canada and Arizona. In addition, we will also have experts in the field of business and finance from California, and right here in Illinois? The theme is: "The Business of Practicing Optometry." Clinic attire is recommended.

After the presentations there will be an exposition in the gym, which will provide a unique opportunity for all organizations, corporations, and practitioners with current or uture opportunities for optometrists, to meet at their table with students and alumni. We will have quite a few private practice owners with their opportunities, equipment companies and other suppliers of goods and services to the Optometric profession.

The Symposium will be held on Friday -March 3rd, 2006 beginning promptly at 1:30 p.m. in the Lecture Center and immediately following the lecture, there will be a fair with an assortment of hors' d'oeuvres sponsored by ICO's Alumni Council.

Essential to ICO's success and longevity has been the ability to remain at the forefront of evolution in the teaching and practice of optometry. The Practice Opportunities Symposium enhances this ongoing endeavor. Should you have any questions, please see Tracy Faulkner in the Wellness Center or contact her at x7403.

Valentine Wish

This is an early Valentine wish to the ICO family. Thanks for your support and wearing red on February the 3rd. You are all good-hearted and please stay that way!

Stay well and see your primary provider to have your Blood Pressure evaluated and your lipid profile blood work studied, and if you do smoke pick a day to quit ... (today is a good time). Have a Happy Valentines Day and a wee bit of chocolate will do your heart good! Jeanne Dougherty, APN, FNP. and the Work Study Students of the Student Wellness Center



Spotlight on the Library

by Kathryn Johnston Information Systems Librarian

Library Hours

The library is considering reducing its hours during the quarter on Friday and Saturday nights from midnight to 9 pm. The library added those hours over 10 years ago when all quizzes were on Monday mornings. Since that is no longer the case, we have seen a drop in usage on Friday and Saturday hights. We will expand the hours back to midnight during finals weeks. Please contact Mr. Dujsik with any comments, either po or con. Thank you. gdujsik@ico.edu, 6

Break week hours:

Saturday. 2/18 Close at 5 pm 2/19 Closed Sunday Feb 20-24 8 am to 5 pm Mon-Fri

Sunday 2/25 Closed Closed 2/26

Regular hours resume 2/27

Print Jobs in 1st floor computer room

The HP5000 is not designed to print large print jobs like PowerPoint handouts. Select the Ricoh Color Copier for large print jobs. B&W prints are the same price from both machines.

New Poster

On February 13th, the Library will display another faculty poster in its lobby. Blood Pressure Control in an African American Sample in an Urban Eye Clinic by Drs. Teitelbaum, Roberts, Winters, Castells and Alexander.

Stop by the library and see the work done at ICO for Academy meetings by our faculty and remember to please direct all questions to the authors.

Income Taxes

It is possible to do your taxes online and submit the form electronically for free using Free File at http://www.irs.gov. Many businesses are listed that provide this service for those who make an Adjusted Gross Income of \$50,000 or less.

State of Illinois also provides forms and information at http://www.revenue. state.il.us/. Illinois residents also may use the state's free online service for tax preparation and filing. The library does have Illinois Tax forms at the circulation desk.

Library Research Tips

The Ebsco Host database provided by the Library can help you research general topics not found in PubMed or VisionCite. Located on our library homepage under Websites at http://icolibrary/library.htm, it provides thousands of articles from magazines, journals, and newspapers—most in full-text.

For example, in the past year, I have used Ebsco Host to research tax software, which PDA to purchase, hyperlexia (a learning disability), the St. Valentine's Day massacre (an optometrist was one of the victims), how to build a workbench, and various nutrition topics. Unlike searching the Internet, these articles all have been published in reputable sources, there is no advertising, and you can even specify if you want only refereed journals.

The indexes on Ebsco Host include the educational index ERIC, a Business Source Elite, Academic Search Premiere, and Newspaper Source, among others.

Please contact a librarian if you need assistance in using Ebsco Host or researching other general topics!

Black History Month

The Library has a display on Black History Month in the front entrance of the Library.

Valentine's Day

If you need more romance in your life, check out a novel from our Recreational Reading (paperback) collection. Some titles include: Pride and Prejudice, by Jane Austen Once upon a castle, by Nora Roberts. All I could do was love you, by Mary Lehmann. Mansion for my love, by Robyn Donald.

And from our regular collection:

Sex signals: the biology of love, Timothy
Perper, HQ801 .P4 1985

Summer Research Program

NEI Predoctoral Research Fellowship The University of Houston has a summer research program supported by the National Eye Institute. The purpose of this program is to introduce students in health professional schools to the opportunities for a research career. The program is designed to help avoid a future shortage of clinician investigators by attracting professional students into clinical and health-plated research as a career. Optometry students who participate in the program receive an NEI Predoctoral esearch Fellowship in the amount of \$5193

for the summer (May 15 to August 11). Fifteen trainee fellowship slots are open to students in any year of the program. U.S. citizenship or permanent residence is required. If this program appeals to you, or if you need more information, please stop by the ICO Student Affairs Office. Applications are due to U of H by March 3, 2006.

2006 – 2007 RC Room Assignments

If you are interested in living in the RC for the 2006 – 2007 academic year, please sign up in the Student Affairs Office. The sign up sheet is available until **Friday, February 17**th at **4 pm**. Those who sign up will be informed of their preliminary room assignment in the first few weeks of Spring quarter.

Questions? Contact: Amanda Hobbs (7806), Andrea Vandendool (7956) or Sharon Uher (7405)

Parking
John Krystyniak

As some of you have recognized, the City of Chicago has been very aggressive lately with the towing of vehicles parked on the streets during designated

street cleaning days - as posted on signs. In addition, signs are occasionally posted designating a special reason for no parking. Street parkers would be wise to check poles (for temporary posted signs) and signs when parking. The ICO garage provides safe, secure and hassle-free parking, in addition to protection from the elements - inquire in the Security Office.

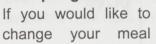


Attention: Third Year Students

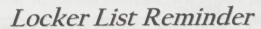
For your convenience Paul Studios will be on campus in the Presidential Lounge from 10 am to 2 pm on Wednesday, March 1st to accept your picture selection for the 2007 graduation class composite and also to take orders for graduation pictures. We hope to have all orders returned to you before you leave for externship this summer.

Meal Plan Changes

For Spring Quarter



plan (17 or 12 meals/week) please see Sharon Uher in the Student Affairs Office by Thursday, February 23 (during break week).



Attention Fourth Year Students

Please see Kathy Brownfield in the Student Affairs Office if you are vacating or reserving a locker for next quarter. Thank you.

CLASSIF

Come Call with Us!

The second annual Spring Phonathon will be held March 6 - 9 and March 13 -16. Which of our alumni classes will have the most donors? Which will make the largest gift? Lead a class the winner's circle and claim a nice or e for yourself! Food, scripts and training will all be provided. Work study hours available/ afternoon and calling Contact evenina ojili Zedo Vilin ffilbin@ico.edu 7742/949-7071.

Workstudy Position

The Student Affairs Office has work study positions available on Thursday and Friday afternoons Spring Quarter. The job offers afternoon hours for an applicant who is detail orientated and proficient in Microsoft Computer programs. Students must dress in clinic attire and responsibilities include greeting applicants, conducting campus tours for counseling appointments and visitors, answering phones, and various clerical duties. Interested students can contact Sharon Uher in the Student Affairs Office, x7405 or suher@ico.edu.

Spring Work Studies Needed:

Suite Technician -

Wed 1-4 pm - Suite I

Calling/Recalling Patients -

any 3 hour time block Mon - Fri

Front Desk Assistant-

Mon 9-11 am

Tue 9-11 am

Wed 9-11 am.

Thu 9-11 am

Fri 9-11 am

Sat 9-11 and

interested, please contact Dr. Rozwat at zwat@ico.edu or x7179.

RESIDENCIES

*For more detailed information regarding residencies, please stop by Student Affairs. All residency information is located in the cabinet on the South Wall.



SCHOLARSHIPS

For all scholarships and fellowships, please stop by the Student Affairs Office for more information! All scholarship information can be found in the 3rd drawer of the cabinet on the South wall.

Scholarship	Who's Eligible	Amount	Deadline
The Jewish Federation of Metropolitan Chicago Academic Scholarship Program	 Domicility in Greater Chicago area. Jewish student in "helping profession" 	\$500,000 available funds	February 15, 2006 Apply at www.jvschicago.org and click on Scholarship Services. or call 312-673- 3457
ASCO Student Award in Clinical Ethics (CIBA Vision)	 3rd and 4th Years Case essay up to 1,500 words Electronically submitted 	National winner: \$1,000 and plaque	March 1, 2006 to Student Affairs Office. One will go to ASCO National Office to be judged.
AOA Endowment Fund – Patrick Everet Cummings Memorial Scholarship Fund	 3rd Year Good Standing AOSA Good Academic Standing Resume Paper of 1,500 words 	\$3,000	Due to Student Affairs by 3/14/06
Cribb Leadership & Service Award	 Outstanding Leadership 1st, 2nd, 3rd and 4th Years 	\$1,000 and \$4,000 for forth year and plaque	Submit to Meagan Petraitis, box 224, by March 1, 2006
AOSA - Vistakon Travel Grant	500 word EssayGood academic standing1 page curriculum vitae	2-\$500 travel grants 1 - \$1,000 overall with er	Submit to SAO by March
Minnie Flaura Turner Memorial Fund for Impaired Vision Research	500 word prospectus of research that they have undertaken	\$1,000	Mail no later than March 31, 2006
The 2006 Dr. Seymour Galina Grant	 Third-year student in good standing with AOSA Good academic Standing Paper of 1,500 words 	\$2,500	To Student Affairs by 4/17/06
Optometric Society of Greater Kansas City, Inc.	 From greater (ansas City area 2nd, 3rd and th Years Based on SPA 	\$500	April 15 th to the Optometric Society of Greater Kansas City
Walman Optical Company Scholarship Program	2 nd or Year US Citizen or resident Alien	\$500 to \$3,000	Postmarked no later than April 10, 2006
AFVA – Michigan Affiliate	Resident of Michigan 3 rd year B or better Practice in Michigan	\$1,000	Mailed to Mary Bellows by May 1, 2006
John Gyles Education Awards	Canadian or American Citizenship GPA of 2.7 or more	\$3,000	June 1 st . Available on-line at www.johngyleseducationce nter.com
Ohio Optometric Foundation, inc	Ohio residentAll classesEssay on career objectives	\$1,500 each (8 awards)	June 15, 2006

Polish Women's Civic	 One parent of Polish heritage 	Not specific	Obtain application by
Club, Inc.	 For male or female Chicago area resident Financial need Good grades 	es historente Genos acos	sending a self address envelope to Eunice Warda. Deadline is July 1, 2006 for application.
	Good grades		C.P.P C

The Student Affairs Office has more information, so stop by and check it out

FITNESSCORNER

Massage Therapy

Do approaching finals have you feeling tense and stressed? Or, do you need some time to escape these long, cold winter months? Massage therapy treats both the body and the mind, and it is available right here on the ICO campus!

Sharita Davis, certified massage therapist, provides table massage Wednesday. While we book appointments in 10 minute intervals, she'll work on you for as long as you need or like. Sharita's training qualifies her to work on you for problems ranging from simple stress reduction to more complex musculoskeletal problems. Massage clients remain fully clothed, and no oils are used.

Don't forget that massage therapy gift certificates make easy, inexpensive, and always-appreciated gifts for your friends and co-workers! Show someone you cale with a Valentine's Day gift certificate.

Sharita will be at ICO on Wednesday, February 15. Cost is \$10 per 10-minute session. Please call xx460 for further information, to purchase a gift certificate, or to schedule an appointment.

Free Personal Training

Is the cold weather keeping you inside on the couch? Are you tired of seeing darkness fall shortly after you've finished tursh? Do you need a little gentle prodding to keep your body moving at this dreary time of year?

Keep the wintertime blahs away with a motivating—and FREE—personal training session! Our fantastic staff of trainers will work with you to make sure you get active—or stay active—this winter. Just drop your preferred trainer a note in his/her box—remember to include your name, phone number, and preferred training time(s). And remember, our trainers are happy to work with everyone at ICO—students, staff, and faculty!

PERSONAL TRAINERS			
Cynthia Frelund	342		
Donnie Hager	Box 46		
Emily Southcott	Box 246		

Eye On Wellness. Healthy Choolate?

Valentine's Day is just around the corner, and for many of us that

means indulging in a chocolate treat-or wo. Recently the media has focused a lot of attention on the benefits of chocolate, but you still might be wondering if it is too good to be true. Let's begin with the benefits of chocolate. Chocolate is made of cacao beans, which contain flavonoids, the same kind of beneficial plant compounds found in fruits, veggies, red wine and green tea. Research suggests that flavonoids may have a positive effect on the cardiovascular system and reduce heart disease risk. Other studies have demonstrated that chocolate consumption may reduce blood pressure and improve cholesterol. However, it is important to note that these benefits have been seen with dark chocolate, not milk chocolate. Although manufacturers have started listing the candy's cocoa content, even

dark-chocolate coinsurers are still unaware which brands contain high flavonoid levels. With this in mind, please practice moderation when it comes to chocolate consumption and remember that all chocolate contains high levels of

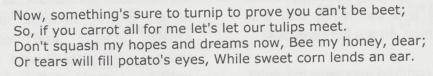
fat and calories, and eating any food in excess of caloric needs will result in weight gain.

Ideas Fitness Journal, February 2006

Valentine Food For Thought



Cabbage always has a heart; Green beans string along. You're such a cute tomato, Will you peas to me belong? You've been the apple of my eye, You know how much I care; So lettuce get together, We'd make a perfect pear.



I'll cauliflower shop and say, Your dreams are parsley mine. I'll work and share my celery, So be my valentine. Jeanne Losey





Multi-cultural Association Presents

International Night

Friday, March 17th



International Food Blindspot

Gym, 5:00 p.m. - 7:00 p.m.

Experience delicious foods from around the world!



International Night Program

Room 1200 p.m. – 9:00 p.m.

Enjoy music, dance, fashion, and culture!



Tickets Will Be On Sale:

March 13th – 17th

Cost: \$5.00 MCA Members - Free with ID Card (sold outside Room 1200 or sign up in class)

Please feel free to bring your family and friends to this wonderful event!!!

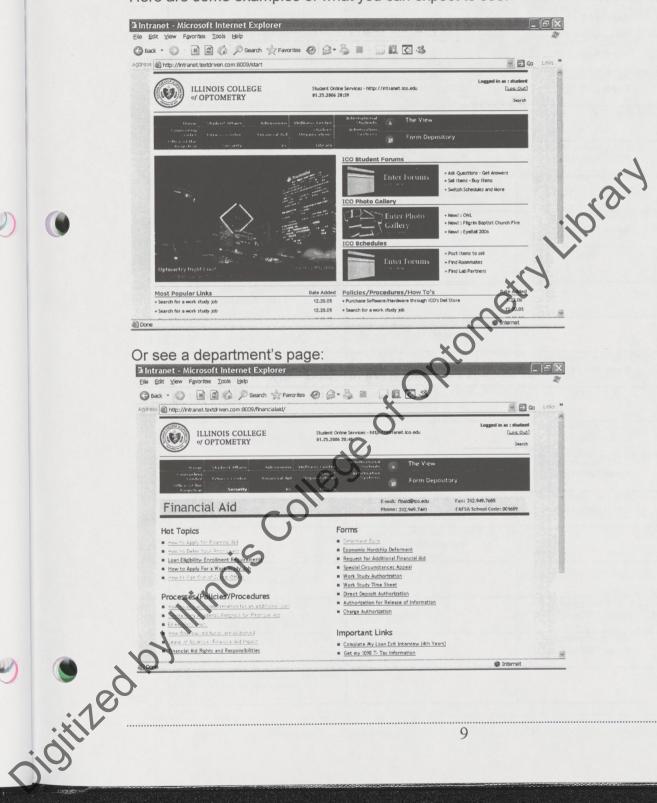


Coming Soon to a Computer Near You!

ICO Intranet!

On February 27th, ICO will be launching our intranet site for Student Online Services. Through this site, you'll be able to have 24/7 access to the forms, frequently asked questions, policies/procedures and other important information for many of the offices on campus. The goal of this site is to provide you with the information that you need when you need it. You'll also find a message board for online forums. We encourage you to keep an eye out for new functionality that will be coming online throughout the year.

Whether you're on campus or on externship, you'll be able to have access to the basic materials that you need to take care of your business with our offices. Here are some examples of what you can expect to see.



Assessed to the second	PLEASE NOTE THE ROOM YO	VEN AT 8:00-8:50 AM UNLESS OTHER OU WILL BE TAKING THE TEST. IT IS	NOT ALWAYS THE SAME
DATE	FIRST YEAR	SECOND YEAR	THIRD YEAR
Mar 14 T	BHS 111 Neuroanatomy Room 1200-1203		la due de la
Mar 15 W	DEST-SALMON BIND OF	BHS 256 Ocular Pharmacology Room 1200-1203	ar almitroy tasti famili
Mar 16 TH	BHS 116 Physiology Room 1200-1203	FSRIPITIN DOVE STREET, OF	or displayed to least edity.
Mar 17 F	N SCHOOLS SY ST	BHS 222 Theo & Physical Optics Room 1200-1203	Resident State of the State of
Mar 20	. Aleksan er en lan	CLE 262.4 Binocular Anomalies Room 1200-1203	
Mar 23 TH	V., . v 1883. 1714. 1414.	BHS 263.2 Ocular Disease Room 1200-1203	paratic been poy tent of
Mar 24 F	CLE 170 Physiological Optics Room 1200-1203		
Mar 28 T	CLE 162.3 Optometry Room 1200-1203		CLE 376.2 Strabismus & Amblyopia Room 1201-1202
Mar 31 F	BHS 140.2 Sensory Room 1200-1203	BHS 261 Physical Diagnosis Room 1201-1202	MATERIAL MAT
Apr 3 M	TO work one process	BHS 256 Microbiology Room 1200-1203	
Apr 4 T	BHS 111 Neuroanatomy Room 1200-1203		
Apr 6 TH	Militing	BHS 256 Ocular Pharmacology Room 1200-1203	CLE 379 Infant & Shill Developmen Room 1201-1202
Apr 7	BHS 116 Physiology Room 1200-1203		:101
Apr 10 M	3. Fr	CLE 262.4 Binocular Anomalies Room 1200-1203	
Apr 11 T		Cit	HS 364 Neuro-Ophthalmic Disorder Room 1200-1203
Apr 12 W		BHS 222 Theo & Physical Optics Room 12000 (203	
Apr 13 TH	CLE 170 Physiological Optics Room 1200-1203	-0,0	
Apr 18 T		BHS 263.2 Ocular Disease Room 1200-1203	
Apr 19 W	CLE 162.3 Optometry Room 1200-1203	0,	- L " Hills (
Apr 21 F	BHS 111 Neuroanatomy Room 1200-1203	BHS 261 Physical Diagnosis Room 1201-1202	
Apr 24 M	BHS 140.2 Sensory Room 1200 1203		L
Apr 25 T	60	BHS 256 Ocular Pharmacology Room 1200-1203	TAX STATE
Apr 27 TH	Ols		CLE 376.2 Strabismus & Amblyopia Room 1200-1203
Apr 28	CLE 170 Physiological Optics Room 1200-1203	es Sign McAssess	CLE 380.3 Clinic Exam Room 1201-1202 NOTE 3:30 PM
May 2 F	BHS 116 Physiology Room 1200-1203		
May 3 W	terl forg to bring our	s family and prenasi	BHS 364 Neuro-Ophthalmic Disorder

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Focal Point

CAMPUSNEWS

International Night

Multicultural Association The sponsoring an evening of ethnic entertainment. Don't miss the ancient mystical dances, authentic songs and original skits that are professionally done by ICO students. It is a wonderful evening that you will always remember. Friday, March 17 is the evening to reserve for this event. Performance starts at 7 pm in the lecture center. Come at 5 pm to enjoy homemade ethnic foods at the MCA blindspot in the Gym.

Practice Opportunities Symposium

In less than a week, ICO's traditional Practice Opportunities Symposium will be presented. It is an array of existing practice opportunities available to optometry students upon graduation. The afternoon is geared for students, ICO alumni and area optometrists. You will visit, in some cases get teacquainted, learn, share information, network and maybe even be interviewed by professionals searching for "future ODs".

This year • Professional Career Developmen Office in Student Affairs responded to your requests. Just like the Toyota at and slogan: "You asked for it, you got it!" Leading the panel will be alumni from

Canada and Arizona. In addition, we will also have experts in the field of business and finance, from California, and right here in Illinois. The theme is: "The Business of Practicing Optometry." Clinic attire is encouraged.

exposition in the gym, which will provide a unique opportunity for all organizations, corporations, and practitioners with current or future opportunities for optometrists, to meet at their table with students and alumni. We will have quite a few private practice owners with their opportunities, equipment companies and other suppliers of goods and services to the Optometric profession.

After the presentations there will be an

The Symposium will be held on Friday - March 3rd, 2006 beginning promptly at 1:30 p.m. in the Lecture Center. Immediately following the lecture, there will be a fair with an assortment of hors' d'oeuvres sponsored by ICO's Alumni Council.

Essential to ICO's success and longevity has been the ability to remain at the forefront of evolution in the teaching and practice of optometry. The Practice Opportunities Symposium enhances this ongoing endeavor. Should you have any questions, please see Tracy Faulkner in the Wellness Center or contact her at x7403.

Interview Opportunities

In doing our best to better serve the needs of the students, we have Private Practice doctors and group practice physicians who "want you!"

The Wellish Vision Institute in Arizona will have a representative on hand Thursday, March 2, 2006 in the library conference room conducting information sessions regarding current and future opportunities for optometrists. The sessions and interviews will begin around 2:30 p.m. In the meantime, if you would like to be informed visit their website: www.wellish.com. They have a standard of excellence for their patients, their partners, and their practice.

- In patient care quality medical service with a personal touch leading to highest levels of care and patient satisfaction.
- For the staff & vision partners of Wellish Vision Institute - a gratifying work environment that leads to opportunity for personal and professional growth and rewards.
- resources to assure access to the very best technology and a prosperous future. The finest care for our patients through a comprehensive program with superior well-trained doctors & a top-notch staff that exhibits sincere friendship and accountability

province will be here on Monday, March 6, 2006 also in the library conference from at 10:00 a.m. He is searching for 1 − 2 associates to work for bim in his private practices. If you would like to speak with Dr. Poon prior to the intermational sessions, please contact him directly:

Phone: 250 -502 8968.

E-mail: johoandjen04@yahoo.ca

I strongly recommend all students to make some time during lunch, or your breaks to stop by and just introduce yourself to these doctors and organization representatives. If there is even a remote chance you may be interested in these areas or opportunities, this is a good opportunity to network, and if it is not your objective or goal to be hired by this organization, then you can use it as a way to explore your options, "test the waters," so to speak, and sample what the market is like. At the least, you will have developed a "new" contact, a reference source, and in the future a professional colleague.

If there are any questions, please see Tracy Faulkner in the Wellness Center or call her at x-7403.

Tutoring and Counseling Information on the Intranet

Tutor lists and related forms for this quarter will be posted on the Counseling Intranet page beginning Friday, March 10th. Having this information readily available will make the process easier both for potential tutees and tutors. Paper versions will also still be available outside my office.

Also on the Counseling intranet page is a link to ULIFELINE ULIFELINE is an on-line forum with a plethora of information about issues related to mental health, as well as anonymous screening tools. This forum was taunched by the Jed Foundation — a foundation created by the parents of an Arizona State University student who took his own life. If you follow the link it will ask you to sign in. You simply identify yourself as an ICO student. You remain anonymous, yet it gives you contact information for our campus' counseling services.

If you have any questions or would like to see specific topics on the Counseling page, please do not hesitate to email me at bkarmis@ico.edu, call (ext 7415), or stop by.

Wearing IDs

Dr. Colip

As the year has progressed many have become lackadaisical about wearing your ID's. In order for ICO to maintain optimum

security it is important for EVERYONE to display their ID at all times while on-campus - NO EXCEPTIONS. Please do your part in maintaining our safe and secure environment by wearing your ID and encouraging your colleagues to do the same. Failure to wear their ID compromises YOUR security.

During the next few weeks, ICO Security and Administration will be particularly vigilant about reminding anyone in the building without their ID. Your cooperation and compliance will be appreciated.

Did You Know?

Dr. Colip

Ocular Safety of Patients Using Viagra for ED

Sildenafil citrate (Viagra) improves erectile function in men with erectile dysfunction (ED) by selectively inhibiting cyclic guanosine monophosphate (cGMP)-specific phosphodiesterase type 5 (PDE5), which is present in all vascular tissue. Sildenafil also has a weaker inhibitory action on PDE6, located in the rod and cone photoreceptors. Modest transient visual symptoms, typically blue tinge to vision, increased brightness of lights and blurry vision, have been reported with sildenafil use and occur more trequently at higher doses.

Visual function studies in healthy subjects and in patients with eye disease suggest that sildenafil does not affect visual acuity, visual fields and contrast sensitivity. Transient, mild impairment of color discrimination can occur around the time of peak plasma levels. Spontaneous postmarketing reports of visual acverse events, including non-arteritic anterior ischemic optic neuropathy (NAION), have been reported during the seven years that sildenafil has been prescribed to more

than 27 million men worldwide. However, because men with ED frequently have vascular risk factors that may also put them at increased risk for NAION, a causal relationship is difficult to establish. No consistent pattern has emerged to suggest any long-term effect of sildenafil on the retina or other structures of the eye or on the ocular circulation.

SOURCE: Laties A, Sharlip I. Ocular safety in patients using sildenafil citrate therapy for erectile dysfunction. J Sex Med 2006;3(1):12-27.

Effect of Artificial Tears on Visual Field Testing

This study examined the effect of artificial tear administration on perimetry of primary openangle glaucoma (POAG) patients with dry eye. Forty patients with POAG experienced in automated perimetry with symptoms of dry eye were enrolled in this study. After their pretest visit, they were instructed to use artificial tears four times a day in both eyes for one week. After one week, patients had repeat visual field testing. Test taking time, reliability parameters (false-positive and false-negative errors), visual field indices and number of depressed points at different probability levels in both total and pattern deviation plots were compared.

There was significant improvement in reliability parameters, visual field indices, PSD and SF in the second testing after artificial tear administration. Test time significantly increased. The number of depressed points at all probability levels also decreased significantly.

Artificial tear administration in glaucomatous patients with dry eye seems to improve significantly reliability parameters and visual field indices.

SOURCE: Yenice O, Temel A, Orum O. The effect of artificial tear administration on visual field testing in patients with glaucoma and dry eye. Eye 2006; Jan 27 [Epub ahead of print]

NOSA

NOSA would like to thank everybody who either bought tickets and/or helped out with the Valentine Dinner Fundraiser Raffle. We would also like to congratulate the winners:

- Christa McPeek (1st year)
- Dr. Susan Kelly

Futhermore, we would like to remind you the NOA/NOSA convention is not too far off. So now's the time to start considering on going! In the meantime, we have a lot of upcoming events so mark your calendars!!!

- Tuesday, Feb. 28 and Wednesday, March 1st 11:00-1:30 pm, we will have a table outside of 1200 to distribute the rest of the membership T-shirts. Please stop by and pick up your t-shirt on one of the 2 days.

-Wednesday, March 8th @ 7pm will be our "Chapter of the Year" fun event and we will be going bowling! We will be going to Fireside Bowling Alley. Remember every member will be responsible for their own shoe rentals and NOSA will cover the cost of as many games as possible with the award money. If interested keep your eye out for the sign-up sheet on NOSA's board outside the mailroom and sign-up.

-Tuesday March 14th and Wednesday 15th, we will be visiting Dr. Stephanie Johnson-Brown and Dr. Joseph McCray's private practice on the side south of Chicago specifically observing bow they have incorporated vision therapy into their practice. A sign-up sheet will be placed on NOSA's board as well for those who are interested in signing-up.

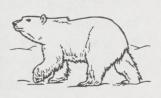
- Thursday, March 16th @ 7 pm in room 1201 will be our Walmart/NOSA Seminar. The speaker will be Doug Nore and the topic will be "Pro's & Con's of Private, Partnership, and Commercial Practice." It is open to everybody to attend, not just NOSA members, and food and drink will be provided.

Lastly, TAKE THE POLAR PLUNGE!!! (Sunday, March 5th)

Chicago Polar Plunge

ICO...Let's Take the Plunge!!!

The 6th Annual Chicago Polar Plunge will be held Sunday, March 5, 2006. Dr. Casey Hogan is on the board of Special Children's



Charities and is responsible for bringing this to our attention. The event will benefit over 4800 Special Olympics Athletes in Chicago.

How do you get involved? That's simple. Go to the polar plunge website (www.chicago polar plunge.org) and become a fundraiser. Your username should include (your name-ICO). Our goal is to raise \$100 individually, but I'm sure some of us can raise even more than that!

students/faculty taking the plunge. So far, we have raised over \$3,000 and that amount is steadily rising. So come out and join us at 10:15 a.m. at North Avenue Beach.

Whether you dip your toe or take the full plunge, we're looking forward to seeing you there!!

If you have any questions, please contact:
Dr. Hogan (chogan6465@aol.com)
Tirsha Dukes (tdukes@eyedoc.ico.edu)
Camy Grewal (cgrewal@eyedoc.ico.edu)
Billi Campbell (bcampbell@eyedoc.ico.edu)

William C. Ezell Fellowship

In order to encourage talented persons to pursue full-time careers in optometric research and education in schools and colleges of optometry, the American

Optometric Foundation offers fellowships to post-graduate students who are entering or continuing a full-time program of study and training in research that leads to the Masters or Ph.D. degree. Currently, fellowships are awarded in amounts up to \$8,000 for the period September through August. Deadline for recipients of application is March 17, 2006. Application forms can be downloaded from our website at http://www.aaopt.org/aof/scholarship/ezell/index.asp, or found in Student Affairs under AOF – William Ezell Fellowship.

Spotlight on the Library

by Kathryn Johnston
Information Systems Librarian
Library Hours

The library is considering reducing its hours during the quarter on Friday and Saturday nights from midnight to 9 pm. The library added those hours over 10 years ago when all quizzes were on Monday mornings. Since that is no longer the case, we have seen a drop in usage on Friday and Saturday nights. We will expand the hours back to midnight during finals weeks. Please contact Mr. Dujsik with any comments, either pro or con. Thank you. gdujsik@ico.edu.

Print Jobs in 1st floor computer room.

The HP5000 is not designed to print large print jobs like PowerPoint handouts. Select the Ricoh Color Copier for large print jobs. B&W prints are the same price from both machines.

Scan and Email from Photocopier for Free
The Ricoh copiers in the library may be used to scan a document or a picture and send it to any email address. There is no charge for this service. You can save the file as a pdf, word, excel or liff file. The first floor copier can also scan in color. Please contact a librarian for a lesson on how to use the scanning option.

New Poster

On display in the Library lobby is another faculty poster, "Blood Pressure Control in an African American Sample in an Urban Eye Clinic" by Drs. Teitelbaum, Roberts, Winters, Castells and Alexander.

On Monday, March 6th, we will display "Rapid Growth of Pterygium Following Photorefractive Keratectomy" by Drs. Pang and T. Rose.

Stop by the library and see these posters. Please direct all questions to the authors.

Free Photocopies/Interlibrary for Officent Campus Externs

Fourth year students who are in externships more than 50 miles from the College may request that the Library mail, fax or email journal articles or book chapters to them. The Library also will mail any needed books to the off-campus externship site. Contact the library at cshepard@ico.edu for this service.

New Books

The Library has a blizzard of new books this month!
The first includes chapters two of our faculty, Dr.
Gary Gunderson and Dr.
Janice Jurkus:



- Manual of Contact Lens Prescribing and Fitting with CD-ROM, 3rd ed., edited by Milton S. Hom and Adrian S. Bruce. RE977 .M37 2006
- Degas Through His Own Eyes: Visual Disability and the Late Style of Degas, by Michael F. Marmor. N6853.D33 M37 2002
- Retinal Degenerative Diseases, edited by Joe G. Hollyfield, Robert E. Anderson, and Matthew M. LaVail. RE661 .D3 R47 2006
- Retinal Imaging, edited by David Huang et al. RE551 .R486 2006
- Optics, Retinoscopy, and Refractometry 2nd ed, by Al Lens. RE925 .L43 2006
- Neuroanatomy of the Oculomotor System, edited by J.A. Buittner-Ennever. QM511 .N44 2006

Attention Graduates:

Commencement Announcements

Information about ordering personalized announcements will be placed in your mailboxes explaining all package and payment options.

Attention: Third Year Students

For your convenience Paul Studios will be on campus in the Presidential Lounge from 10 am to 2 pm on Wednesday, March 1st to accept your picture selection for the 2007 graduation class composite and also to take orders for graduation pictures. We hope to have all orders returned to you before you leave for externship this summer.

Locker List Reminder

Attention Fourth Year Students

Please see Kathy Brownfield in the Student Affairs Office if you are vacating or reserving a locker for next quarter. Thank you.



CLASSIFIEDS

Call for your Class!

How about some inter-class competition? Help your class raise



the most money for the Annual Fund by joining our Spring Phonathon. Calling dates are March 6 – 9 and March 13 -16 – afternoon and evening hours. Lead your class to the winner's circle and claim a nice prize for yourself! Food, scripts and training will all be provided. Work study hours available. Contact Felicia at ffilbin@ico.edu or 312-949-7071.

Workstudy Position

The Student Affairs Office has work study positions available on Thursday and Friday afternoons Spring Quarter. The job offers afternoon hours for an applicant who is detail orientated and proficient in Microsoft Computer programs. Students must dress in clinic attire and responsibilities include greeting applicants, conducting campus tours for counseling appointments and visitors, answering phones, and various clerical duties. Interested students can contact Sharon Uher in the Student Affairs Office, x7405 or suher@ico.edu.

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All scholarship information can be found in the 3rd drawer of the cabinet on the South wall.

Scholarship	Who's Eligible	Amount	Deadline	
ASCO Student Award in Clinical Ethics (CIBA Vision)	 3rd and 4th Years Case essay up to 1,500 words Electronically submitted 	National winner: \$1,000 and plaque	March 1, 2006 to Student Affairs Office. One will go to ASCO National Office to be judged.	

ibb Leadership & rvice Award OA Endowment Fund Patrick Everet Immings Memorial Pholarship Fund OSA - Stakon Travel Grant The 2006 Antoinette M. Polinari Memorial Pholarship Innie Flaura Turner Impaired Vision Pesearch Innie Optometric	 1st, 2nd 3rd Yea Good S Good A Resum Paper G 500 wo Good a 1 page 3.5 or h 500 wo 	nding Leadership , 3 rd and 4 th Years r Standing AOSA Academic Standing	\$1,000 and \$4,000 for forth year and plaque \$3,000 2-\$500 travel grants 1 - \$1,000 overall winner \$5,000	Submit to Meagan Petraitis, box 224, by March 1, 2006 Due to Student Affairs by 3/14/06 Submit to SAO by March 15, 2006 Submit to SAO by March
Patrick Everet Immings Memorial Pholarship Fund OSA - Stakon Travel Grant The 2006 Antoinette M. Polinari Memorial Pholarship Innie Flaura Turner Immorial Fund for Impaired Vision Pesearch	Good S Good A Resum Paper C 500 wo Good a 1 page 3.5 or h	standing AOSA academic Standing e of 1,500 words rd Essay academic standing curriculum vitae	\$3,000 2-\$500 travel grants 1 - \$1,000 overall winner	Submit to SAO by March 15, 2006 Submit to SAO by March
te 2006 Antoinette M. Dinari Memorial Cholarship Innie Flaura Turner Cemorial Fund for Ipaired Vision	 500 wo Good a 1 page 3.5 or h 500 wo research 	rd Essay cademic standing curriculum vitae	grants 1 - \$1,000 overall winner	15, 2006 Submit to SAO by March
clinari Memorial cholarship nnie Flaura Turner emorial Fund for paired Vision esearch	500 wo research	nigher GPA		
emorial Fund for paired Vision esearch	researc			24, 2006
aine Ontometric	underta	ord prospectus of that they have aken	\$1,000	Mail no later than March 31, 2006
ssociation Ida Rand cholarship	• From N	<i>l</i> aine	\$1,000	April 1, 2006 Application received by writing to: Ms Mary Brook 56 Madison St., Bangor, ME 04401
alman Optical ompany Scholarship ogram			\$500 to \$3,000	Postmarked no later than April 10, 2006
ptometric Society of reater Kansas City, c.	• 2 nd , 3 rd	and 4 th Years	\$500	April 15 th to the Optometr Society of Greater Kansa City
ne 2006 Dr. Seymour alina Grant	standir Good a	ng with AOSA academic Standing	\$2,500	To Student Affairs by 4/17/06
FVA – Michigan ffiliate	3 rd (e)	etter	\$1,000	Mailed to Mary Bellows b May 1, 2006
ulius Neumueller ward in Optics	Paper	not over 3,000 words	\$500 and a plaque, travel expenses to annual academy meeting	Due to Student Affairs Office by May 1, 2006
ohn Gyles Education wards	Citizen	ship	\$3,000	June 1 st . Available on-line at www.johngyleseducation nter.com
	ompany Scholarship ogram otometric Society of eater Kansas City, c. ee 2006 Dr. Seymour alina Grant EVA – Michigan filiate lius Neumueller vard in Optics	mpany Scholarship ogram otometric Society of eater Kansas City, c. De 2006 Dr. Seymour alina Grant FVA – Michigan filiate Other Gyles Education vards US Citi earea area 2 nd , 3 rd Based Third-y standin Good a Paper Practic Paper Canad Citizen	• US Citizen or resident Alien • Trom greater Kansas City area • 2 nd , 3 rd and 4 th Years • Based on GPA • Third-year student in good standing with AOSA • Good acade nic Standing • Paper of 1,500 words • Resident of Michigan • Resident of Michigan • Practice in Michigan • Paper not over 3,000 words • Canadian or American	US Citizen or resident Alien **Stood area a

Ohio Optometric Foundation, Inc	Ohio residentAll classesEssay on career objectives	\$1,500 each (8 awards)	June 15, 2006
Polish Women's Civic Club, Inc.	 One parent of Polish heritage For male or female Chicago area resident Financial need Good grades 	Not specific	Obtain application by sending a self address envelope to Eunice Warda. Deadline is July 1, 2006 for application.
Wisconsin Foundation for Vision Awareness and Wisconsin Optometric Association Scholarships	 Resident of Wisconsin for 3 years Member of AOSA Must complete one year in optometry school 	\$500	Application to WOA prior to August 15, 2006

The Student Affairs Office has more information, so stop by and check it out

FITNESSCORNER

Fitness Center Usage Policy

While health is important at any age, please remember that all fitness center users must be of legal age. If you have any questions or comments regarding this policy, please contact Shelby Lalich at X7460.

Massage Therapy

Do you need some relaxation after finals? Massage therapy treats both the body and the mind, and it is available right here on the ICO campus!

Sharita Davis, certified massage therapist, provides table massage every Wednesday. While we book appointments in 10 minute intervals, she'll work on you for as long as you need or like Sharita's training qualifies her to work on you for problems ranging from simple stress reduction to more complex musculoskeletal problems. Massage clients remain fully clothed, and no oils are used.

Don't forget that massage therapy gift certificates make easy, inexpensive, and always-appreciated gifts for your friends and co-workers! Show someone you care with a Valentine's Day gift certificate.

Sharita's will be at ICO on Wednesday, March 1. Cost is \$10 per 10-minute session. Please call x7460 for further information, to purchase a gift certificate, or to schedule an appointment.

Free Personal Training

Is the cold weather keeping you inside on the couch? Are you tired of seeing darkness fall shortly after you've finished lunch? Do you need a little gentle prodding to keep your body moving at this dreaty-time of year?

motivating—and FREE—personal training session! Our fantastic staff of trainers will work with you to make sure you get active—or stay active—this winter. Just drop your preferred trainer a note in his/her box—remember to include your name, phone number, and preferred training time(s). And remember, our trainers are happy to work with everyone at ICO—students, staff, and faculty!

PERSONAL TRAINERS				
Cynthia Frelund	342			
Donnie Hager	Box 46			
Emily Southcott	Box 246			

Eye On Wellness

Maximize Your Workout

Take a Stand- If you find yourself seated during most of the day, take your body out of this flexed position and into extension by performing standing variations of exercises. You also burn more calories while standing.

Explore the Plane- The body works in three planes of motion, yet traditional exercises work primarily in one plane-from front to back. We need to be able to function in all three planes, so during your workout add some side-to-side, and twisting movements.

Plan for Success- Regardless of your fitness level, have a plan before you start your workout. This will make your workout time more efficient.

Act Eccentrically- Most exercises focus on concentric movement (force production against resistance). But equally, if not more importantly, your body needs to be able to quickly and safely reduce force or decelerate. You can do eccentric or deceleration training anywhere with your own body weight.

This information is provided by American Fitness

SPRING QUARTER FITNESS CLASS SCHEDULE - Begins February 27, 2006

Monday	Tuesday	Wednesday	Thursday	Friday
12:00 - 1:00 pm		12:00 - 1:00 pm	12:00 - 12:30 pm	
Total Body Strength		Athletic Conditioning	Pilates Mat	
Shelby		Shelby	Shelby	
· Andrews	5:15 - 6:00 pm	5:15 - 6:00 pm	12:30 - 1:15 pm	
	Yogalaties	Spinning	Latin Dance	
	Kristie	Kristie	Kantry	
	Topics political and	6:15 - 7:15 pm	6:30 7:30 pm	
		Pilates Mat	Latin Dance	
		Cynthia	Kathy	

Class Descriptions:

- Athletic Conditioning: Keep yourself moving with alternating segments of strength training and cardio--all levels are welcome.
- Latin Dance: Every three weeks this class will feature a new dance to help you burn calories and tone. Come learn how to salsa, meringue, and bachata. The final class will be a combination of all the dances.
- Pilates Mat: Pilates uses breath work and slow executed movements to strengthen the core muscles—abdominals, glutes, lower back, and hip flexors. It also lengthens the spine, strengthens and elongates muscles, and flexibility.
- Spinning: An indoor cycling workout focusing on drills climbs, and sprints to create an unpredictable, challenging workout.

 Total Body Strength: Get a total body workout using free weights, tubing, stability balls, BOSUS and exercises for the core!
- Yogalaties: Mind-Body-Soul connection through yoga (flexing, stretching, strength-building) and Pilates (core strength training along with relaxation and mindful thinking)

International Thought

" My dear children:) rejoice to see you before me today, happy youth of a sunny and fortunate land. Bear in mind that the wonderful things that you learn in your schools are the work of many generations, produced by enthusiastic effort and infinite labor in every country of the world. All this is put into your hands as your inheritance in order that was may receive it, honor it, and add to it, and one day faithfully hand it on to your children. Thus do we mortals achieve immortality in the permanent things which we create in common. If you always keep that in mind you will find meaning in life and work and acquire the right attitude towards other nations and ages."

Albert Einstein talking to a group of school children in 1934



Multi-cultural Association Presents

International Night

Friday, March 17th

International Food Blindspot

Gym, 5:00 p.m. - 7:00 p.m.

Experience delicious foods from around the world!



International Night Program

Room 1200, 7:00 p.m. - 9:00 p.m.

Enjoy music, dance, fashion, and culture!

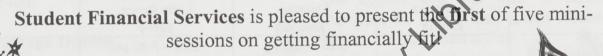


March 13th - 17th

Cost: \$5.00 MCA Members - Free with ID Card

(sold outside Room 1200 or sign up in class)

Please feel free to bring your family and friends to this wonderful event!!!





Mardi Gras OFinancially Speaking

Pick up some Mardi Gras Beads!

Tuesday, February 28th, 2006

12:00-12:20pm in 1200 Lecture Center 3:30-3:50pm in 1202 Lecture Center 5:00-5:20pm in 1200 Lecture Center

Get 20 chances to who one of twenty \$50 Gift Certificates to your favorite restaurant. Find out all the details on this Tuesday.

Mark your Calendars for the Next Sessions!

March 14

March Madness - Credit Scores

A Roll

April 3
"Batter Up" – Daylight
Savings Time (Friend or
Foe)



April 18
Spring Break Beach Party

– Resist the Urge to
Splurge



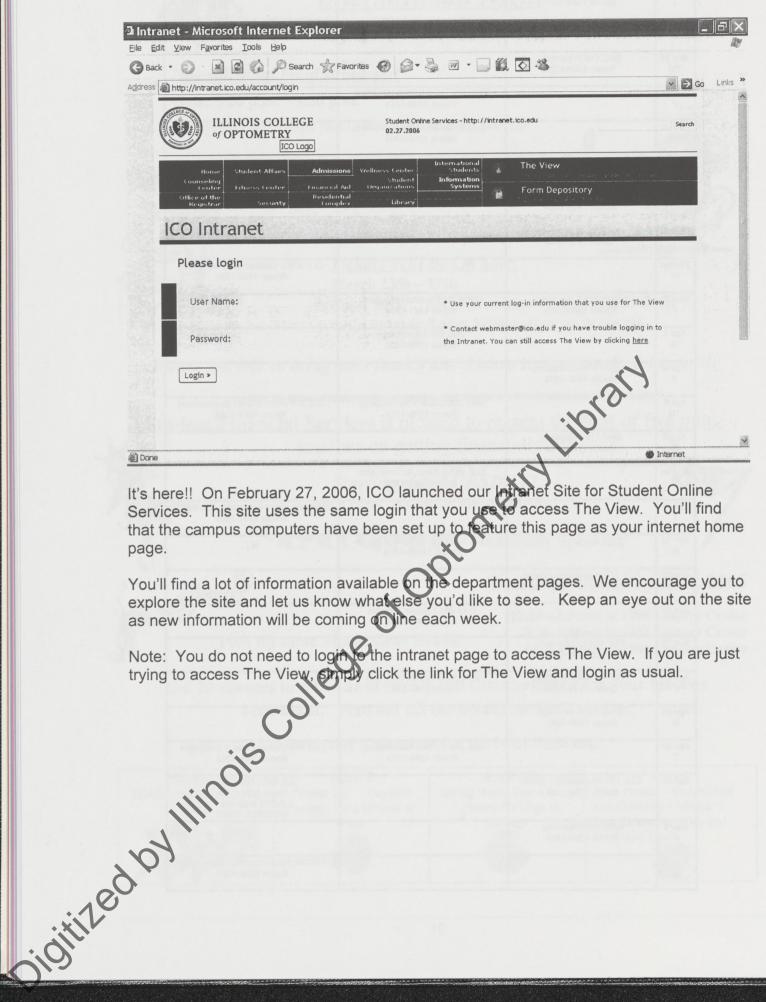
May 2
It's a Parade – Consolidate and Celebrate (Mother's Day, Graduation Day and Memorial Day)



		OU WILL BE TAKING THE TEST. IT IS	
DATE	FIRST YEAR	SECOND YEAR	THIRD YEAR
Mar 14 T	BHS 111 Neuroanatomy Room 1200-1203		
Mar 15 W		BHS 256 Ocular Pharmacology Room 1200-1203	
Mar 16 TH	BHS 116 Physiology Room 1200-1203		
Mar 17 F		BHS 222 Theo & Physical Optics Room 1200-1203	
Mar 20 M		CLE 262.4 Binocular Anomalies Room 1200-1203	
Mar 23 TH		BHS 263.2 Ocular Disease Room 1200-1203	
Mar 24 F	CLE 170 Physiological Optics Room 1200-1203		
Mar 28	CLE 162.3 Optometry Room 1200-1203		
29-Mar W			CLE 376.2 Strabismus & Amblyopia Room 1200-1203
Mar 31 F	BHS 140.2 Sensory Room 1200-1203	BHS 261 Physical Diagnosis Room 1201-1202	
Apr 3 M		BHS 256 Microbiology Room 1200-1203	
Apr 4 T	BHS 111 Neuroanatomy Room 1200-1203		bo
Apr 6 TH		BHS 256 Ocular Pharmacology Room 1200-1203	CLE 379 ktran 2 Child Development
Apr 7	BHS 116 Physiology Room 1200-1203		
Apr 10 M		CLE 262.4 Binocular Anomalies Room 1200-1203	1
Apr 11		We a	BHS 364 Neuro-Ophthalmic Disorder Room 1200-1203
Apr 12 W		BHS 222 Theo & Physical Optics Room 12000-1203	
Apr 13 TH	CLE 170 Physiological Optics Room 1200-1203	O	
Apr 18 T		BHS 263.2 Ocular Disease Room 1200-1203	
Apr 19 W	CLE 162.3 Optometry Room 1200-1203		
Apr 21 F	BHS 111 Neuroal atomy Room 1200-1203	BHS 261 Physical Diagnosis Room 1201-1202	
Apr 24 M	BUS 140 2 Sensory Room 1200-1203		
Apr 25 T	:5	BHS 256 Ocular Pharmacology Room 1200-1203	CLE 376.2 Strabismus & Amblyopia Room 1201-1202
Apr 28	CLE 170 Physiological Optics Room 1200-1203		CLE 380.3 Clinic Exam Room 1201-1202 NOTE 8:00 AM *REVISED TIME*
May 2 F	BHS 116 Physiology Room 1200-1203		
May 3 W			BHS 364 Neuro-Ophthalmic Disorde Room 1200-1203

ojojit/Zed/by

ICO Intranet!



It's here!! On February 27, 2006, ICO launched our Intranet Site for Student Online Services. This site uses the same login that you use access The View. You'll find that the campus computers have been set up to feature this page as your internet home

You'll find a lot of information available on the department pages. We encourage you to explore the site and let us know what else you'd like to see. Keep an eye out on the site

Note: You do not need to login to the intranet page to access The View. If you are just



cal Point

Graduation with Honors

Dr. Colip

For those students interested in graduating "with honors" the required cumulative GPA in each category at

Irish Lullaby

a.k.a. Too Ra Loo Ral

tones so sweet and low,

good old Irish way,

my mother sang a song to me in

And I'd give the world it she could

just a simple little diddy in h

Author: J.R. Shannon

Summa Cum Laude - 3.90 to 4.00

Magna Cum Laude - 3.75 to 3.89

Cum Laude - 3.50 to 3.74 Go for it!

Commencement News

Commencement Activities

sing that song to me today Mark your calendars for May 17th. We are planning our annual event called the Commencement Capstone Program that we encourage all degree candidates to attend. The day will start with commencement rehearsal, leaving by trolley from ICO, at 12:30 Following rehearsal there will be dinner, awards presentations, time to with corporate sponsors concluding with cap and gown pickup. All degree candidates are encouraged to attend the day's events.

Commencement is held at Rockefeller Chapel on the campus of the University of Chicago at 11:00 a.m. on Saturday, May 20. Rockefeller Chapel is located at 5850 S. Woodlawn Ave. reception honoring the Class of 2006 will be held at Ida Noyes Hall immediately following

the ceremony. The building is located directly east of the Chapel

Hotel Rooms

Have you reserved hotel rooms for commencement week for you and your family? If not, please do so ASAP, this is a very busy week-end in Chicago because of restaurant Over in Killarney, many years ago, convention.

2006 Commencement Choir

Any faculty or O.D. degree candidates who would like to be part of this year's commencement choir, please contact

Greyson Barger, box 489 or Joel Sollom, box 606 or email gbarger@eyedoc.ico.edu or Jsollom@eyedoc.ico.edu at your earliest convenience. Come join us on the exciting day to sing the ICO Alma Mater.

Citizenship and Immigration Service

For International Students

Lavern Young, Registrar

Mr. Robert White, an immigration attorney with the law firm of Masuda, Funai, Eifert & Mitchell, Ltd. is coming to our campus on Tuesday, March 21st to discuss how the immigration regulations affect you as a

The next Focal Point will come out March 24, 2006. The submission deadline is March 22.

student and will later affect you as a graduate of a United States educational institution. His discussion will include the processes for optional practical training, H1B visa, dual residency, permanent residency, etc.

Please make every effort to attend this important and informative seminar on Tuesday, March 21st at 11:00 a.m. in the Adams Center. The seminar should last approximately 1-1½ hours.

If you have any questions or concerns, please feel free to stop by my office or contact me at ext. 7430.

Note from Dr. Reeder

Educational Lens Program Reminder

Just a reminder that the last date for fits is April 1st with last date for order April 15th. We WILL not schedule patients for these educational "comp" fits after April 1st. This will be strictly enforced. Remember this program REQUIRES the process to be educational, thus you MUST try something new. If you hate it, you may be able to order what you had previously but you Must Try something else first. The 06-07 program, will resume, May 22nd.

New Elective Course

We are pleased to announce that ICO will be offering a new elective course during the Spring Quarter, Injections for the Primary Care Optometrist. The course will be taught by Dr. Thomas Landgraf, faculty mention at Southern College of Optometry and ICO alumnus. Dr. Landgraf provides this course to practicing ODs throughout the United States to certify them in injections for various state boards of optometry.

The course will be held on Saturday, March 25 and Sunday, March, 26 at ICO.

John L. Baker, O.D., M.S.Ed., Chairperson for Clinical Education, (312) 949-7014

Note from Dr. Lesher

Hope you enjoyed your break. I wanted to give you the tentative schedule for the NBEO reviews for spring quarter. We plan to have Friday afternoon from 1-3 as our time slot. I hope to get out a Newsletter, with some general info in the next few days, but for the short-term here are the dates and speakers as we have them so far.

- March 10 Dr. Gary Lesher Intro test strategies, format, sample questions, etc.
- March 17 Dr. Neil Hodur Geo Optics
- March 24 Dr. Bob Donati Physiology
- March 31 Dr. David Lee Sensory Aspects of Vision
- April 7 Dr. Geoffrey Goodfellow -Physiological Optics
- April 14 COLLEGE CLOSED no review
- April 21 Dr. Neil Hodur More Optics
- April 28 Dr. Mike Volin Immunology
- May 5 day before finals no review

Did you "Intranet" Yet?

Need to file your FASA? Haven't filed those taxes yet? Need more information from the last financial distilleracy session? All of these items are leasted on the Financial Aid Page of the ICO burnanet site at http://intranet.ico.edu.

Have an item that you want posted to the intranet? Or have you noticed something that would be helpful to have on the site? Please email us at finaid@ico.edu.

Polar Plunge Results: Brrrr

I would personally like to thank the 40+ students that actually "took the plunge", as well as Dr. Newman and Tracy Faulkner. We would also like to thank all of those

from the ICO community that contributed to this great cause. ICO's team, the "Fighting Iris", has raised over 7 thousand dollars to date for the Chicago Special Olympics. The plunge was a great success, and the Executive Director of the Special Children's Charities personally thanked us for all of our efforts.

I am certain we will have an even bigger turnout next year. It was a great time! www.chicagopolarplunge.org Casey Hogan

NOSA News

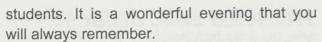
We would like to remind you the NOA/NOSA convention is not too far off. So now's the time to start considering on going! In the meantime, we have a lot of upcoming events so mark your calendars!!!

- -Tuesday March 14th and Wednesday 15th, we will be visiting Dr. Stephanie Johnson-Brown and Dr. Joseph McCray's private practice on the south side of Chicago specifically observing how they have incorporated vision therapy into their practice. A sign-up sheet will be placed on NOSA's board for those who are interested.
- Thursday, March 16th @ 7 pm in room 1201 will be our Wal*Mart/NOSA Seminar. The speaker will be Doug Nore and the topic will be "Pro's & Con's of Private, Partnership, and Commercial Practice." It is open to everyone, not just NOSA members. Food and drink will be provided.
- I still have membership T-shirts! Remember, everyone who is a member gets a T-shirt. Therefore, those of you who have not picked up your shirt please email me (jpruitt@eyedoc.ico.edu) to arrange a time. Putting them in your ICO bex is not an option as they take up too much space.

International Night

Friday, March 17

The Multicultural Association is sponsoring an evening of ethnic entertainment. Don't miss the ancient mystical dances, authentic songs and original skits that are professionally done by ICO



- 5pm @ the Gym: Enjoy variety homemade ethnic foods at the MCA blindspot.
- 7pm @ the lecture center: Entertaining performances begin!!

Reminders to members about membership raffle: You need 6 participation credits to enter the membership raffle. You still have a chance!! Any participation counts towards it. MCA is looking for volunteers to cook food for the blind spot before the international night. You will receive 3 participation points. Why would you want to enter the raffle?? There are awesome prizes: Grand lux dinner for two, target gift card, and Starbucks gift card.

Did You Know?

Dr. Colip

Trends in Eye Injuty in the United States, 1992-2001

This article reported the trends of eye injury in the United States from 1992 through 2001. Data from the National Ambulatory Medical Care Survey, the National Hospital Ambulatory Medical Care Survey and the National Hospital Discharge Surveys were used to collect information on eye injuries during this period. Rates of eye injury per 1,000 people were calculated according to age, gender and race.

The overall estimated rate of eye injury from 1992 through 2001 ranged from 8.2 to 13.0 per 1,000 people. During this period, the incidence of eye injury significantly declined overall in persons aged 39 years and younger, in both genders and in the black and white populations. Certain segments of the population, however, continued to be at high risk of eye injury (i.e., men and those aged 39 and younger) and represent those groups toward whom prevention resources should be directed.

SOURCE: McGwin G Jr, Hall TA, Xie A, Owsley C. Trends in eye injury in the United States, 1992-2001. Invest Ophthalmol Vis Sci 2006;47(2):521-7.

HOACLS 2006 Student Grant winners

The following 5 students were each awarded \$2,000 scholarships during the Heart of America Contact Lens Society annual congress, in Kansas City, MO.

Albert S. Licup, Illinois College of Optometry

Courtney Goetsch, Pacific University College of Optometry

Kyle Dohm, University of Missouri St. Louis College of Optometry

Justin Hart, Northeastern State University College of Optometry

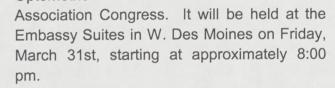
Marissa Krug, University of Houston College of Optometry

Dr. Mike Todd, Past President, Augusta, KS

Are you from Iowa?

Check this out...

The Illinois College of Optometry will be hosting an Alumni Hospitality Suite during the lowa Optometric



All students, prospective students, alumni, faculty, and friends are invited to join us for complimentary beverages and an assortment of mouth-watering desserts. Enjoy music, laughter, and networking during this one of-a-kind event. Dr. Donovan Crouch, President of the ICO Alumni Council and Storm Lake practitioner, will be our special guest.

For more information please contact Connie Pietrzak, Director of Alumni Relations and Continuing Poucation, at x7080 or cpietrzak@ico.edu.

Tech Tips

Ahmed Mohammad

How to specify your office hours in Groupwise

You can specify your office hours to avoid appearing to be available in Busy Search (To find out if users are available for meetings) during hours when you are regularly not in the office. Your office hours also display in your Calendar.

- 1) Click Tools > Options.
- 2) Double-click Date & Time > click the Calendar tab.
- 3) Specify the time your work day begins in the Start Time box.
- 4) Specify the time your work day ends in the End Time box.
- 5) Click the days you work in the Work Days check boxes.

How to Change an email to an appointment in Groupwise

- 1) Double click on an email
- 2) Click on edit
- Click on "Change to" and select appointment

To find out when users and resources are available for an appointment

- 1) In an appointment you are creating, specify usernames and resource IDs in the To box.
- Specify the first possible day for the meeting in the Start Date box.
- 3) Specify the meeting's duration.
- 4) Click Busy Search on the toolbar.

Summer Research Training Program

The New England College of Optometry would like to extend an invitation to qualified first and second year students from ICO to apply for their Summer Research Training Program. This program is designed to develop or enhance research training opportunities for eligible individuals interested in careers in biomedical and behavioral research of relevance to optometry.

The program will run from June 1st – August 31st. Special arrangements can be made with the approval of the mentor and the program director. The stipend for this year will be \$5,139.00. A second summer is possible, allowing for the completion of a substantial research project.

The application forms are due by March 31st, 2006 to Vanessa Thompson in Boston. Materials are available in the Student Affairs Office or contact Vanessa at 617-236-6232.

Spotlight on the Library

by Kathryn Johnston Information Systems Librarian

Special Hours for Eyeball
The Library will be open only until
5:00 pm on Saturday, March 11, in
order to allow all of our library
student workers to attend the
Eyeball. No other hours will be
affected.

Library Hours Saturday and Sunday

The library is considering reducing its hours during the quarter on Friday and Saturday nights from midnight to 9 pm. The library added those hours over 10 years ago when all quizzes were on Monday mornings. Since that is no longer the case, we have seen a drop in usage on Friday and Saturday nights. would expand the hours back to midnight weeks. finals Representatives have been notified about this contact your Please proposal. representative or Mr. Dujsk comments, otherwise we plan to proceed with reduction. hours qdujsik@ico.edu.

Eyedoc email, TheView and Library

Several students have reported that Eyedoc email is blocked from TheView when using the Library computers. The Yahoo tool baring internet Explorer is blocking the email and treating it like a popup. To solve the problem in Internet Explorer, go to View, Toolbars and

uncheck YAHOO. Close the browser and reopen it. Log into TheView and click on your email button for single sign-on access to your email.

New Poster

On Monday, March 13th, the faculty poster on display in the Library lobby is, "A Case of Normal Tension Glaucoma Coexistence of Pituitary Macroadenoma" by Dr. Y. Pang. Her co-authors were Drs. R. Parrish and J McSoley from Bascom Palmer Eye Institute.

Stop by the library and see the poster.

Please direct all questions to the author.

Library Study and Conference Rooms

The Library's study and conference rooms may be booked in advance for up to four hours at a time. Please call ext. 7166 for the media desk or ext. 7158 for the

main circulation desk, or come in person to reserve a room.

Studying for Boards

The Library can suggest a variety of books and websites in order to study for the NBEO exams. In addition to the books on reserve written specifically for optometry, we have purchased books for studying for the ophthalmology boards, which cover many of the same topics. Most of these titles can be placed on hold, if someone else has checked them out, and you would like to use them as well. A few of them are on reserve, but can be checked out for seven days at a time.

Find more books in our online catalog, iLink, by searching for: (ophthalmology OR optometry) and examinations

Websites:

Digital Journal of Ophthalmology, http://www.djo.harvard.edu/ University of Manitoba Ophthalmology Internet Tutorial, http://www.umanitoba.ca/faculties/medicine/u nits/ophthalmology/

Sample Books:

The Massachusetts Eye and Ear Infirmary
Review Manual for Ophthalmology
RE49 .L3 2006
Ophthalmology in Focus, RESERVE RE49
.K3593 2005 (7 DAYS)
Ophthalmology Board Review, RE50 .O642
2006
Review Questions in Ophthalmology: a
Question and Answer Book,
RESERVE RE49 .C5 2005 (7 DAYS)
Clinical Ophthalmology: a Test Yourself Atlas,
RE49 .K28 2002

CLASSIFIEDS

WANTED!!!

Current First Year Student looking for fulltime work during the summer.

The Academic Administration Department is looking for one current first year student to fill a full-time summer quarter work study position. The position is clerical in nature and the applicant will need strong Excel and Word skills. Hours are flexible but the ideal

candidate must commit to a 5 day work week of 30 – 35 hours per week.

Serious applicants should contact Deanna Polakowski at extension 7011.

4th Year Student

I am looking for 4th year students to act as TA's for the Infant & Child Development/Management Labs. Labs start the week of March 13 and occur every morning from 9:00 - 11:50 am. Please contact Christine Allison at callison@ico.edu or X7336.

Techs Wanted

IEI Workstudy Techs Needed. Please contact Joyce Bugno at x7211 if you would like to extend your clinical experience and if you are available to work from 1:00pm - 4:00pm on Tues., Thurs. or Fri. afternoons. No experience is needed but a willingness to work and learn is required.

RESIDENCIES

*For more detailed information regarding residencies please stop by Student Affairs. All residency information is located in the cabinet on the South Wall.

SCHOLARSHIPS

For all scholarships and fellowships, please stop by the Student Affairs Office for more information! All scholarship information can be found in the 3rd drawer of the cabinet on the South wall.

Scholarship	y 's Eligible	Amount	Deadline	
ASCO Student Award in Clinical Ethics (CIBA Vision)	and 4 th Years Case essay up to 1,500 words Electronically submitted	National winner: \$1,000 and plaque	March 1, 2006 to Student Affairs Office. One will go to ASCO National Office to be judged – Extended to March 13, 2006	
Alcon Scholarship	 4th year Case study 	\$1,000	Extended to March 13 at noon	
AOA Endowment Fund – Patrick Everet Cummings Memorial Scholarship Fund	 3rd Year Good Standing AOSA Good Academic Standing Resume Paper of 1,500 words 	\$3,000	Due to Student Affairs by 3/14/06	

	Azman Scholarship	 3rd and 4th Year 3 or above GPA 3 page paper 	\$4,000	Papers due to SAO March 15, 2006
	AOSA - Vistakon Travel Grant	 500 word Essay Good academic standing 1 page curriculum vitae 	2-\$500 travel grants 1 - \$1,000 overall winner	Submit to SAO by March 15, 2006
	The 2006 Antoinette M. Molinari Memorial Scholarship	3.5 or higher GPA	\$5,000	Submit to SAO by March 24, 2006
	Minnie Flaura Turner Memorial Fund for Impaired Vision Research	500 word prospectus of research that they have undertaken	\$1,000	Mail no later than March 31, 2006
	Maine Optometric Association Hilda Rand Scholarship	From Maine	\$1,000	April 1, 2006 Application received by writing to: Ms Mary Brooks 56 Madison St., Bangor, ME 04401
	Walman Optical Company Scholarship Program	 2nd or 3rd Year US Citizen or resident Alien 	\$500 to \$3,000	Postmarked no later than April 10, 2006
	Optometric Society of Greater Kansas City, Inc.	 From greater Kansas City area 2nd, 3rd and 4th Years Based on GPA 	\$500	April 15 th to the Optometric Society of Greater Kansas City
	The 2006 Dr. Seymour Galina Grant	 Third-year student in good standing with AOSA Good academic Standing Paper of 1,500 words 	\$2,500	Fo Student Affairs by 4/17/06
	AFVA – Michigan Affiliate	 Resident of Michigan 3rd year B or better Practice in Michigan 	\$1,000	Mailed to Mary Bellows by May 1, 2006
	Julius Neumueller Award in Optics	Paper not over 3,000 words	\$500 and a plaque, travel expenses to annual academy meeting	Due to Student Affairs Office by May 1, 2006
	John Gyles Education Awards	Canadian of American Citizenship GPA of 2.7 or more	\$3,000	June 1 st . Available on-line at www.johngyleseducationc nter.com
	Ohio Optometric Foundation, Inc	Ohio resident All classes Essay on career objectives	\$1,500 each (8 awards)	June 15, 2006
	Connecticut Association of Optometry Scholarship Fund (Kornblutt, Constock and CAO Scholarships)	Connecticut residents	Amount Varies	July 1, 2006
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N.		7		7
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Polish Women's Civic Club, Inc.	 One parent of Polish heritage For male or female Chicago area resident Financial need Good grades 	Not specific	Obtain application by sending a self address envelope to Eunice Warda. Deadline is July 1, 2006 for application.
Wisconsin Foundation for Vision Awareness and Wisconsin Optometric Association	 Resident of Wisconsin for 3 years Member of AOSA Must complete one year in optometry school 	\$500	Application to WOA prior to August 15, 2006

The Student Affairs Office has more information, so stop by and check it out

FITNESSCORN<u>ER</u>

Fitness Center Usage Policy Reminder

The ICO fitness center welcomes student, staff and faculty guests, but please make sure you have obtained a temporary ID or spouse ID for your guest while he or she uses the facilities. If you have any questions or comments regarding this policy, please contact Shelby Lalich at X7460.

Massage Therapy

Does the new quarter have you feeling stressed already? Massage therapy treats both the body and the mind, and it is available right here on the ICO campus!

Sharita Davis, certified massage therapist, massage table Wednesday. While we book appointments in 10 minute intervals, she'll work on you for as long as you need or like. Sharita's training qualifies her to work you for simple stress problems ranging from complex to reduction musculoskeletal problems. Massage clients remain fully clothed, and no oils are used.

Don't forget that massage therapy gift certificates make easy, inexpensive, and always-appreciated gifts for your friends and co-workers! Show someone you care with a Valentine's Day gift certificate.

Sharita's will be at ICO on Wednesday, March 15. Cost is \$10 per 10-minute session. Please call x7460 for further information, to purchase a gift certificate, or to schedule an appointment.

Free Personal Training

Is the cold weather keeping you inside on the couch? Are you tired of seeing darkness fall shortly after you've finished lunch? Do you need a little gentle prodding to keep your body moving at this dreary time of year?

Keep the wintertime blahs away with a motivating—and FREE—

personal training session! Our fantastic staff of trainers will work with you to make sure you get active—or stay active—this winter. Just drop your preferred trainer a note in his/her box—

remember to include your name, phone number, and preferred training time(s). And remember, our trainers are happy to work with everyone at ICO—students, staff, and faculty!

PERSONAL TRAINERS				
Cynthia Frelund	342			
Donnie Hager	Box 46			
Emily Southcott	Box 246			

Eye On Wellness

Diet Pill Warning

The U.S. Food and Administration Drug is warning (FDA) consumers about two unapproved drug products that are being marketed as weight supplements. loss Emagrece Sim dietary



supplement, also know as the Brazilian Herbathin dietary Pill. and supplement may contain several active controlled ingredients-including substances-found in prescription drugs.

Both products are made in Brazil by Phytotherm Sim. **Fitoterapicos** and other although there may be manufacturers or suppliers. Both drugs contain chlordiazepoxide HCI, which is an active ingredient in Librium and can cause drowsiness and may be habit forming, and fluoxetine HCI, which is an active ingredient in Prozac that has been linked to several serious drug interactions. The FDA urges consumers to stop using these products, dispose of them, and report any adverse events related tot hem to MedWatch by calling (800) FDA-1088.

This information is provided by IDEA Fitness Journal

I'm a Little Leprechaun (Tune of I'm a Little Teapot)

leprechaun din green tiniest man hat you have seen. If you ever catch me, so it's to l'll give you my big pot of gold.





Multi-cultural Association Presents

International Night

Friday, March 17th



Gym, 5:00 p.m. - 7:00 p.m.

Experience delicious foods from around the world!





International Night Program

Room 1200, 7:00 p.m. - 9:00 p.m.

Enjoy music, dance, fashion, and culture!

Tickets Will Be On Sale:

March 13th - 17th

Cost: \$5.00 MCA Members - Free with ID Card

(sold outside Room 1200 or sign up in class)

Please feel free to bring your family and friends to this wonderful event!!!

Student Financial Services is pleased to present the second of five mini-sessions on getting financially fit!



How do you Core? - Financially Speaking

Tuesday, March 14th, 2006

Free tootsie volls!

12:00-12:20pm in 1200 Lecture Center 3:30-3:50pm in 1202 Lecture Center 5:00-5:20pm in 1200 Lecture Center

Get 20 chances to Some of twenty \$50 Gift Certificates to your favorite restaurant. Find out all the details on this Tuesday.

Mark your Calendars for the Next Sessions!

April 3

"Batter Up" — Qaylight Savings
Tinta (Friend or Foe)

April 18
Spring Break Beach Party –
Resist the Urge to Splurge

Urge to Splurge

May 2
It's a Parade – Consolidate and
Celebrate (Mother's Day, Graduation
Day and Memorial Day)

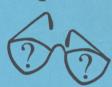




Focal Point

C A M P U S N E W S

Ouiz Bowl



Get ready to cheer on your class contestants at the QUIZ BOWL, Friday March 31st. The Blindspot starts in the gym at

This was one of The best events of the last year, so don't miss out! If you're not entered, be sure to swing by to catch the madness! An Audience is welcome!

5pm, with the quiz bowl to follow in room 1200 at 7pm. Raffle prizes include Volk lenses, diagnostic sets from Heine and Welch Allyn, and much more!

Tickets are \$5, and will be on sale outside of room 1200 March 27th-31st.

The first day of spring is one thing, and the first spring day is another. The difference between them is sometimes as great as a month.

Henry Van Dyke (1852–1933) Fisherman's Luck (1894) Contact Lens Symposium

The Contact Lens Society invites all its members to attend the upcoming Annual Year End Symposium to be held at ICO on Sunday

April 9th from 11:00 AM to 3:00 PM.

Dodgeball!

The Student Association Presents the 2nd Annual Optic Cup of Dodgeball and Blindspot

Dodge, Dive, Dip, Duck and...Dodge your way to the Optic Cup in this competitive and crazy tournament. It will be held Saturday, April 8th ac pm in the gym. Registration forms are available now in the gym. Enter a team of the optic of the statement of the state

in the gym. Registration forms are available now in the gym. Enter a team of 5 for \$20. Teams must include at least 1 female and are restricted to ICO Students and Faculty. There will be prizes for best team costumes mandatory to enter!). The registration deadline is March 31st. Please submit with entry fee to Box 31. Plus to celebrate, a Blindspot will be held following for growning of the champions. Pizza and drink will be available for \$1 apiece.

Join us for an afternoon beginning with brunch from Corner Bakery and explore an exhibition attended by some of the industry leaders. The event will then proceed by listening to a Panel of engaging Optometrists speak in the Lecture Hall. Finally, at the end of the day enjoy an Italian Luncheon followed by a Prize Giveaway that you won't want

to miss!

The format for this event has been redesigned this year to be more relevant and interactive and we hope to see all members attend.

Please RSVP by completing and returning your invite no later than Tuesday, March 28th to Mandy Mataya at Box 91. Feel free to email amataya@eyedoc.ico.edu with any questions.

NOSA News

General Meeting & Elections:

Elections for 2006-2007 officers are coming up soon! Every position, with the exception of President, is available (6 total). Only current members are eligible to run and vote. The tentative date, time, and location of the meeting is Thursday, April 13th @ 7:00 pm in room 1201. A list of the positions and their descriptions will be posted on the bulletin board next to the mail room for further information.

Service Scholarship:

REMEMBER, completed applications for our local "Service Scholarship Award" is due Monday, April 16th! Applications can be found in the scholarship cabinet located in Student Affairs under NOSA.

NOA Convention Update:

If you are anticipating going to the convention this July you MUST attend the General/Election meeting that is tentatively scheduled April 13th! Very important information will be discussed so you do not want to miss it. In the meantime, more information can be found on the NOA's website, http://www.natoptassoc.org/user/convention.php.

Wisconsin Residents

You should have received the Wisconsin Optometric Association application form in your mail box. Please fill out these forms and mail or fax back to the WOA. Membership is free and includes a monthly newsletter, and student membership card.

Pacific University

College of Optometry's Teaching Fellow Program

The Teaching Fellow Program provides an exciting post-graduate opportunity for experience and specialized training in

optometric education. The Teaching Fellow's responsibilities include laboratory, clinical and classroom instruction, as well as opportunities for scholarly activity. The program is a full—time position for a full academic year. Annual priority deadline for applications is April 1. Visit their web site at www.opt.pacificu.edu or visit the Student Affairs office for a brochure.

Tech Tips

Ahmed Mohammad

Q) How do I remove stored passwords from my web browser?

Below are instructions for removing saved passwords from various Internet browsers:

Internet Explorer

In Internet Explorer, go to Tools -> Internet Options -> Content -> Personal Information -> AutoComplete. Make sure AutoComplete is not enabled for "Forms" and "User names and passwords on forms."

Netscape 7.x, you need to remove it from the password manager.

First, click on the "Tools" menu, choose "Password Manager," then choose "Manage Stored Passwords." You should see a list of site for which you have purposely or accidentally chosen to store a password. You can look through the sites one-by-one until you find the site/password you wish to remove or you can simply click "Remove All."

Firefox

From the Tools menu, choose Options. Click Privacy on the left. Make sure 'Remember Passwords' is unchecked under Saved Passwords. Click Clear to delete all saved passwords. Alternatively, click View Saved Passwords to remove

Power Point tips www.newhorizons.com

Import your company logo to create custom bullet point icons in PowerPoint (2002/2003)

Using your own graphics to make bullet items

can add a professional finish to your presentation and help build a recognition of your logo among audience members. First, select the text you want to make into bullet points. Next, choose Format | Bullets And Numbering from the main menu. In the Bullets And Numbering dialog box, click the Picture button, and then click the Import button in the Picture Bullet dialog box. Navigate to your saved logo file and click Add. You'll notice the logo has been added to the bullets available in the Picture Bullet window. Select your logo graphic and click OK to apply it. You'll want to ensure that the logo you use is simple enough to still be recognizable when scaled down considerably.

Organize your workspace when working with multiple slide shows in PowerPoint (2003)

When working with multiple slide shows in PowerPoint, organizing your workspace can be a nightmare. You can resize the window of each presentation individually, but a much easier and more efficient method is to use the Arrange All feature. Simply open all the presentations you need to work with in PowerPoint, choose Window | Arrange All, and PowerPoint resizes them automatically so they all fit on your screen while using the maximum amount of workspace available.

Did You Know?

Dr. Colip

Anti-SDF-1 Treatment may lead to novel therapy for diabetic retinopathy. An anti-SDF-1 treatment developed by RegenMed, a development-stage biotechnology company, prevents retinal neovascularization in animals, according to the company SDF-1 (a cytokine) is expressed in response to injury, leading to a repair process that in the eye includes neovascularization, which disrupts the retina's architecture in RegenMed's animal model of proliferative retinopathy, researchers injected an antibody that blocks SDF-1 activity before it causes neovascularization. The company is now focusing on preparing the antibody for human use, after which it plans to seek FDA

approval to begin human clinical trials for treating diabetic retinopathy. For more information, go to www.regenmedbio.com.

Eye hemorrhage may not always signal child abuses. Physicians have commonly viewed retinal hemorrhage in a child as potential evidence of child abuse. However, a new study suggests that this belief may be flawed. Forensic pathologist Dr. Patrick Lantz of Wake Forest University Baptist Medical Center, Winston-Salem, NC, said that the findings of his study show that retinal hemorrhages occur more often than most physicians think, but they're associated with a wide variety of conditions. Lantz and his team found that about 16 percent of the 700 people of all ages he examined during autopsy had retinal hemorrhaging. The hemorrhages were found in people who died from ruptured aneurysms, falls, car accidents, gunshot wounds, meningitis and drug overdose. He detected retinal hemorrhaging in 30 children younger than 147 but only six of them were associated with child abuse. He suggests that pathologists pediatricians and eyecare practitioners seek additional clinical or medical information before assuming that retinal hemorrhages in children are diagnostic of child abuse.

Spotlight on the Library

by Kathryn Johnston Information Systems Librarian

New Poster

On Monday, March 27th, the faculty poster on display in the Library lobby is "Color Vision Requirements in the US Military" by students Albert Licup and Luiza Gheorghe-Youssefi and Dr. D. Lee.

Stop by the library and see the poster but please direct all questions to the authors.

Online Books

The Library provides access to the full text of some books from our on campus website at http://icolibrary/library.htm. We pay for these subscriptions, so please log off when

you are done so that another may access the electronic book. Examples include:

Wills Eye Manual

Ophthalmic Drug Facts

Atlas of Ophthalmology: online multimedia database.

We are in the process of obtaining an online subscription to *Duane's Clinical Ophthalmology*. Currently, we have it on CD-ROM, and the older editions in printed form. *Duane's* is no longer being published in the print format.

Color Printer

The 1st floor Ricoh photocopier can photocopy or print in black and white for \$.08, or in color for \$.40/page. Click on Print from the menu on the pc, and then click on the drop down list to chose the LRC-Ricoh-Color printer. Click on "Properties" to the right of the drop down list of names. On the bottom of the screen, change "Black and White" to "Color." This screen also allows you to choose Duplex (double-sided), hole punching, and stapling by filling the appropriate boxes. Click on OK on the Properties screen, and then OK to print.

Magazine and Journals May Be Checked Out

The Library allows bound volumes and loose issues of our journals and magazines to be checked out of the Library for 24 hours. The only exceptions are the most current issues in the plastic binders on the display shelves. So feel free Reports, for fun Consumer home Cosmopolitan, Nature, Nation Geographic, Golf Magazine, or materials for your research such as Retina or Review of Optometry.

Exercise Videos

Spring is here! The Wellness Center has donated a series of videos to help you get into shape. Pilates, kickboxing, yoga, weight lifting dance, and aerobics are all covered. The videos are shelved behind the second

floor Library Media circulation desk and can be checked out for a week. Some titles include:

Winsor Pilates, VTU 1437-VTY 1441 Tighter Assets: Cardioblast, VTU 1447 TaeBo, VTU 1467-1468, 1489 Shaping Up with Weights for Dummies, VTU 1450

Jeff & Scott's Step Factory, VTU 1454
Pacific Ballet Northwest & Kari Anderson
Present Danceworks, VTU 1452
Yoga Mama Crunch, VTU 1468
Red Hot Salsa Made Simple, VTU 1459

Good luck in your studies! Happy Spring! We look forward to seeing you in the Library!

Commencement News

Commencement Activities

Mark your calendars for May 17th. We are planning our annual event called the Commencement Capstone Program that we encourage all degree candidates to attend. The day will start, with commencement rehearsal, leaving by trolley from ICO, at 12:30 p.m. Following rehearsal there will be a dinner, awards presentations, time to visit with corporate sponsors concluding with cap and gown pick-up. All degree candidates are encouraged to attend the day's events.

on the campus of the University of Chicago at 11:00 a.m. on Saturday, May 20. Rockefeller Chapel is located at 5850 S. Woodlawn Ave. A reception honoring the Class of 2006 will be held at Ida Noyes Hall immediately following the ceremony. The building is located directly east of the Chapel

Hotel Rooms

Have you reserved hotel rooms for commencement week for you and your family? If not, please do so ASAP, this is a very busy week-end in Chicago because of the restaurant convention.

2006 Commencement Choir

Any faculty or O.D. degree candidates who

would like to be part of this year's commence- ment choir, please contact Greyson Barger, box 489 or Joel Sollom, box 606 or email gbarger@eyedoc.ico.edu or Jsollom@eyedoc.ico.edu at your earliest convenience. Come join us on the exciting day to sing the ICO Alma Mater.

Educational Lens Program Reminder

The last date for fits is April 1st with last date for order April 15th. We will not schedule patients for these educational "comp" fits after April 1st. This will be strictly enforced. Remember this program requires the process to be educational, thus you **must** try something new. If you hate it, you may be able to order what you had previously but you **must** try something else first. The 06-07 program, will resume, May 22nd. *Dr. Reeder*

Are you from Iowa?

The Illinois College of Optometry will be hosting an Alumni Hospitality Suite during the lowa Optometric Association Congress. It will be held at the Embassy Suites in W. Des Moines on Friday, March 31st, starting at approximately 8:00 pm.

All students, prospective students, alumni, faculty, and friends are invited to join us for complimentary beverages and an assortment of mouth-watering deserted Enjoy music, laughter, and networking during this one-of-akind event. Dr. Donovan Crouch, President of the ICO Alumni, Council and Storm Lake practitioner, will be our special guest.

For more information, please contact Connie Pietrzak, Director of Alumni Relations and Continuing Education, at x7080 or cpietrzak@ico.edu.

CLASSIFIEDS

Summer Help Wanted

Current First Year Student looking for full-time work during the summer. The Academic Administration Department is looking for one current first year student to fill a **full-time** summer quarter work study position. The position is clerical in nature and the applicant will need strong Excel and Word skills. Hours are flexible but the ideal candidate must commit to a 5 day work week of 30 – 35 hours per week.

Serious applicants should contact Deanna Polakowski at extension 7011.

Techs Wanted Still looking

Joyce Bugno at x7211 if you would like to extend your clinical experience and if you are available to work from 1:00pm - 4:00pm on tues., Thurs. or Fri. afternoons. No experience is needed but a willingness to work and learn is required.

RESIDENCIES

*For more detailed information regarding residencies, please stop by Student Affairs. All residency information is located in the cabinet on the South Wall.

For all scholarships and fellowships, please stop by the Student Affairs Office for more information! All scholarship information can be found in the 3rd drawer of the cabinet on the South wall.

Scholarship	Who's Eligible	Amount	Deadline
Minnie Flaura Turner Memorial Fund for Impaired Vision Research	500 word prospectus of research that they have undertaken	\$1,000	Mail no later than March 31, 2006
Maine Optometric Association Hilda Rand Scholarship	From Maine	\$1,000	April 1, 2006 Application received by writing to: Ms Mary Brooks 56 Madison St., Bangor, ME 04401
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Optometric Society of Greater Kansas City, Inc.	 From greater Kansas City area 2nd, 3rd and 4th Years Based on GPA 	\$500	April 15 th to the Optometri Society of Greater Kansas City
The 2006 Dr. Seymour Galina Grant	 Third-year student in good standing with AOSA Good academic Standing Paper of 1,500 words 	\$2,500	To Student Affairs by 4/17/06
South Dakota Affiliate American Foundation for Vision Awareness, Dr. Monty Friedow Memorial Scholarship	 Entering 3rd and 4th Year From South Dakota Upper Half of class 	\$1,000	April 25, 2006 to Diane Rausch
AFVA – Michigan Affiliate	 Resident of Michigan 3rd year B or better Practice in Michigan 	\$1,000	Mailed to Mary Bellows by May 1, 2006
Julius Neumueller Award in Optics	Paper not over 3,000 words	\$500 and a plaque, travel expenses to annual academy meeting	Due to Student Affairs Office by May 1, 2006
John Gyles Education Awards	Canadian or American Citizenship GPA of 2.7 or more	\$3,000	June 1 st . Available on-line at www.johngyleseducationc nter.com
Ohio Optometric Foundation	Ohio residentAll classesEssay on career objectives	\$1,500 each (8 awards)	June 15, 2006
Ohio Optometric	 GPA of 2.7 or more Ohio resident All classes		www.johngyleseduca

Connecticut Association of Optometry Scholarship	• Conr	necticut residents	Amount Varies	July 1, 2006
Fund			uksni ra senri	coses—and sented
(Kornblutt, Comstock and CAO Scholarships)			n has sed o	m enoric ,emen
Polish Women's Civic Club, Inc.	For rChicaFinar	parent of Polish heritage nale or female ago area resident ncial need d grades	Not specific	Obtain application by sending a self address envelope to Eunice Warda. Deadline is July 1, 2006 for application.
Wisconsin Foundation for Vision Awareness and Wisconsin Optometric Association Scholarships	yearsMemMust	dent of Wisconsin for 3 s ber of AOSA complete one year in metry school	\$500	Application to WOA prior to August 15, 2006

The Student Affairs Office has more information, so stop by and check it out

FITNESSCORNER

JP Morgan Chase Corporate Challenge

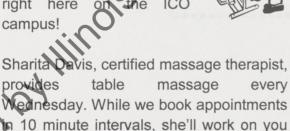
The Illinois College of Optometry would like to invite all its employees, students, family and friends to participate in the 2006 JPMorgan Chase Corporate



Challenge® 3.5 mile run/walk. The event will take place on Thursday, May 25, 2006 at 7:15 pm in Grant Park. Those interested in participating need to visit www.jpmorganchasecc.com and register under *Chicago*.

Massage Therapy

Does the lingering cold weath have you feeling sluggish and worn out? Massage therapy treats both the body and the mind, and it is available right here on the ICO campus!



for as long as you need or like. Sharita's

training qualifies her to work on you for problems ranging from simple stress reduction to more complex musculoskeletal problems. Massage clients remain fully clothed, and no oils are used.

Don't forget that massage therapy gift certificates make easy, inexpensive, and always-appreciated gifts for your friends and co-workers! Show someone you care with a alentine's Day gift certificate.

Sharita's will be at ICO on Wednesday, March 29. Cost is \$10 per 10-minute session. Please call x7460 for further information, to purchase a gift certificate, or to schedule an appointment.

Free Personal Training

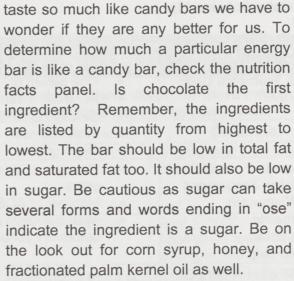
Is the cold weather keeping you inside on the couch? Are you tired of seeing darkness fall shortly after you've finished lunch? Do you need a little gentle prodding to keep your body moving at this dreary time of year?

Keep the wintertime blahs away with a motivating—and FREE—personal training session! Our fantastic staff of trainers will work with you to make sure you get active—or stay active—this winter. Just

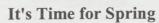
drop your preferred trainer a note in his/her box—remember to include your name, phone number, and preferred training time(s). And remember, our trainers are happy to work with everyone at ICO—students, staff, and faculty!

PERSONAL TRAINERS		
Cynthia Frelund	342	
Donnie Hager	Box 46	
Emily Southcott	Box 246	

Eye On Wellness
Energy Bars or Candy Bars?
Some of the latest energy bars



This information is provided by Fitness Management



Bobbi Katz

My sweater's tight and itchy

My snow pants are too small.

Last week I lost a mitten.

I can't find my scarf at all!

My woolen socks have lost their toes.

My boots have lost their tread.

And I have lost the love I had

For words like "skis" and "sled"!

But . . my fishing rod still fits.

And . my baseball bat still hits.

Thave a kite that wants to fly.

So ... winter, call it quits!

jii12ed by Illinois



April 2006 **VERIFICATION LETTERS**

Candidates may now view their verification letters online!

View your CSE Session Assignment!
Review your testing location and all exam times.
(Verification Letters are **not** required for admission)

Visit our website

WWW.OPTOMETRY.ORG

and click on the link for "ONLINE VERIFICATION"

Also Use our website to:

- Change your address
- Order official score reports
- Register for exams
- Answer FAQs and much more college of the college

SCHEDULE OF SPRING QUARTER FINAL EXAMS

March 23, 2006

	SATURDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	MAY 6	MAY 8	MAY 9	May 19	MAY 11	MAY 12	MAY 13
9:00 – 11:00	BHS 140.2 Sensory Aspects of Vision	BHS 256 Ocular Pharmacology	BHS 116 Physiology	MIN	BHS 111 Neuroanatomy & Neuro- physiology	CLE 262.4 Intro to Binocular Anomalies	CLE 194 Health Promotions
11:30 - 1:30		CLE 170 Physiological Optics	atome			CLE 162.3 Optometry	
1:45 – 3:45	CLE 376.2 Strabismus & Amblyopia	BHS 364 Neuro- Ophthalmic Disorders	CLE 379 Intant & Child Development	BHS 263.2 Ocular Disease II			
2:30 – 4:30		college			Off Course		BHS 222 Theo & Physio Optics
4:00 – 6:00	BHS 266 Microbiology	0	ě i film				

ATTENTION:
MAKE-UP DATES ARE MAY 15 AND 16



Focal Point

CAMPUSNEWS

A Note from Financial Aid:

Just a reminder that it's once again time to fill out your FAFSA forms for the 2006-07 school year. We are encouraging you to have this form completed

by April 15th at the latest to ensure that your funds are not delayed.

It takes a long time to bring excellence to maturity.

Publilius Syrus (-100 BC), Maxims

You can complete your FAFSA online at www.fafsa.ed.gov. You'll find links for the FAFSA on our intranet page (http://intranet.ico.edu). You'll also find links for the tax forms on our intranet page.

Be sure to include your parents' information on your FAFSA in order to be considered for the most amount of financial aid possible. Remember, parent data is only used to determine your eligibility for the HPSL loan- it is not used to determine your eligibility for any other type of financial aid.

Be on the look out for emals from us for any additional information that we may need from you in order to complete your financial aid file.

Panel Discussion

Are Your "Eyes on the Road Ahead?"

All students are invited to attend the "Eyes on the Road Ahead" panel discussion featuring a diverse group of successful ICO alumni who have taken different paths to success. The panelists have volunteered to share their This is a great opportunity to hear the do's and don'ts from your future colleagues.

Students are encouraged to participate by asking questions throughout the evening's discussion.

Valerie Kattouf will moderate.

A reception including a variety of het and cold hors d'oeuvres and beverages will precede the event. Mark your calendar now!

Date: Thursday, April 27, 2006

fire: 6:00 p.m. Reception

6:30 - 8:30 p.m. Panel Discussion

Place: Lecture Center Foyer and Room 1200

This event is sponsored by ICO and Alcon and is free for all students, faculty, and staff. For more information, contact Connie Pietrzak in the Alumni Relations and CE Office at x7080 or cpietrzak@ico.edu.

NOSA News

General Meeting

It is time once again for NOSA to hold their annual elections for various officer and non-officer positions. The next general meeting will be held Wednesday, April 12th at 6:30pm in the Library conference room on the second floor (instead of the following Thursday).

Please mark your calendars accordingly. Here is a list of positions that will be available, good luck and see you there!

Board Positions: Vice President/President Elect (must elect a current 1st year), Treasurer, Recording Secretary, Community Relations Secretary, Parliamentarian, and NOSA Delegate (represents NOSA at all important National Conferences)

Non-Board Positions: Librarian (will elect 2 people for this position) and Community Service Chair

AOSA News

Congratulations to Tim Beyer, your AOSA Quiz Bowl Champion. Congratulations to all who competed and to the raffle winners as well. The AOSA would like to thank Dr. Hodur for serving as MC and Drs. Donati, Pang, Wang and Zoltoski for serving as judges. Thanks also to everyone for participating and making the event a success.

T-Shirts for Dallas

If you were in Dallas last year then you know how awesome ICO's "Fighting Iris" t-shirts were. Well it is time again to start designing a t-shirt for this year's conference. So start thinking of a design and keep an eye out for more details coming soon.

Tech Tips

Ahmed Mohammad

How to change an email to an appointment in Groupwise.

- 1) Double click on an email
- 2) Click on edit
- 3) Click on "Change to," and select appointment.

Q. When I click on "file", I want all of my options to drop down rather than just those that I frequently use. Can someone tell me how to make this change? (Mierosoft Office)

Try Tools->Customize->Options. On Excel

2003 is a checkbox that says 'always show full menus'

ICO Phone Tip

How to automatically call the sender after listening to a message

After listening to the message, press 9 to call the sender

Here are the most commonly use public groups in Novell GroupWise Novell address book

Group name Group Members

Everyone faculties and staff

Allstudents All ICO students

06students All students graduating year 2006

07students All students graduating year

08students All students graduating year 2008

09students All students graduating year 2009

Faculty ICO faculty

Did You Know?

Dr. Colip

Contact Kenses or Refractive Surgery?

The Anthalmic Research Group at Aston University's School of Life and Health in Rimingham explored patient demographics and motivations for choosing refractive surgery (RS) or contact lenses (CL), as well as factors influencing their choice of practice. A questionnaire was presented to 212 RS patients at four RS centers and 115 CL patients at three CL centers. There was no statistical difference between RS and CL groups in terms of gender, though more women than men presented in both groups. The mean age of RS patients was 39 (+/-10), and 32 (+/-12) for CL patients. There were significant occupational differences between RS and CL patients. The primary motivations for either form of correction were cosmesis and the inconvenience of spectacles. The main reason RS patients did not choose CL correction was inconvenience, while the main reasons CL patients did not choose RS were lack of information and apprehension. Both groups selected the respective treatment centers based on reputation. The researchers conclude that refractive surgery is increasingly a lifestyle choice. The popularity of cosmesis as a factor for RS and CL patients, together with a few patients citing minor CL complications, suggests CL clinicians may be able to hold on to patients through better management.

Gupta N, Naroo SA. Factors influencing patient choice of refractive surgery or contact lenses and choice of center. Cont Lens Anterior Eye. 2005 Dec 6;[e-pub ahead of print].

What will it take to get patients to stop smoking? Do you think that the threat of going blind might be a weighty argument? A report published in Investigative Ophthalmology and Visual Science, says that exposure to cigarette smoke and the smokerelated redox molecule HQ can cause frank loss of vision. Even second-hand exposure results in the formation of sub-RPE deposits, thickening of Bruch's membrane, and accumulation of deposits within Bruch's membrane. Smoke-related oxidants may be another oxidative injury stimulus to the choriocapillaris and RPE, and probably explains the association between cigarette smoking and early AMD.

Low Vision Awareness Night

May 4th, 2006 5:00 p.m.

Come have dinner and learn about the opportunities of providing low vision services!

The Low Vision Repabilitation Section will be conducting its Student Low Vision Educational Awareness Program on Thursday, May 4, 2006. Dr. Mark Wilkinson will be providing a presentation on low vision care and the opportunities. Students in any year of study are invited. The program is planned to run from 5:00 to 7:00 p.m. in the Lecture Center.

5:00 p.m. Pizza, beverages, and networking

5:30 p.m. Dr. Wilkinson presents a motivational program about the need for low vision practitioners

6:15 p.m. Presentation about the benefits of belonging to the American Optometric Association and its Low Vision Rehabilitation Section

6:30 p.m. Section membership applications are distributed to the students

6:45 p.m. Question and Answer time

Spotlight on the Library

by Kathryn Johnston Information Systems Librarian

New Poster

On Tuesday, April 11th, the faculty poster on display in the Library lobby will be "Testing Safety Eyewear: How Frame and Lens Design Affects Lens Retention" by Dr. J. McMahon and S. Beckerman.

Stop by the library and view the poster but please direct all questions to the authors. This will be the last poster from the December Academy meeting.

Duane Clinical Ophthalmology Online

Duane's Clinical
Ophthalmology as a full text
source on our campus
website at
http://icolibrary/library.htm.
Be sure to log off when you
are done so that someone else may access
the electronic books.

Library Conference and Study Rooms

Students may reserve the Library's conference and study rooms in advance for four hours at a time. Please contact any Library staff member if you want to reserve a room for one time or for the same time each week.

Digital Cameras and Camcorders

The Library has three digital cameras and two VHS camcorders for student use. They may

be booked in advance, or may be checked out as available. The equipment is checked out for 24 hours, and may be renewed.

Deans List

Lavern Young, Registrar

The following full-time students achieved superior academic performance during the Winter, 2005 quarter by earning a quarterly grade point average of 3.50 or better and no grade below a "B" and/or Honors (H) in all

Patient Care courses:

Adamo, Treacy M.	Y4	
Alcalde, Brian R.	Y4	
Allen, Megan S.	Y3	
Ames, Ryan P.	Y3	
Ansari, Huma	Y4	
Arrott, Brook	Y4	
Asano, Kaori	Y4	
Baas, Eric A.	Y4	
Barbadillo, Karen T.	Y3	
Barger, Greyson P.	Y4	
Bartels, Amber E.	Y2	
Bartz, Casey C.	Y1	
Baumfalk, Ramona L.	Y4	
Berends, Jill M.	Y3	
Betterly, Sara R.	Y3	
Beyer, Timothy M.	Y3	
Beyersdorf, Kavit L.	Y1	
Birnbaum, Suzanne J.	Y3	
Bloomberg, Justin D.	Y1	
Blowe, Jason W.	Y4	
Brafman, Shana B.	Y3	
Brown, Tristan M.	Y4	
Budahn, Michael S.	Y2	
Bui, Oanh K.	Y4	
Bui, Wendy U.	Y4	
Burke, Robert E.	Y2	
Camen, Jesse Ann	Y2	
Carter, Anthony B.	Y3	
Cate, Leah A.	Y1 (
Chaudhary, Neha	NO.	
Chaudhery, Shmyla	13	
Chen, Melissa P.	OY1	
Cho, Simon	Y1	
Choi, Albert	Y2	
Choi, Jamie H.	Y2	
Cleveland, Charlene L.	Y3	
Cohen, Stephanie L.	Y1	
Coscione, Luciana M.	Y4	
Crown, Jennifer R.	Y4	
DeAngells Ohristopher S.	Y4	
Dhaliwal, Samandeep S.	Y3	
Deggen, Anne E.	Y1	
0-41- A	VO	

okken, Seth A.

Y2

	Lee, Kobie	Y1
	Lee, Lina	Y2
	Lenz, Thomas J.	Y4
	Leung, Michael	Y1
	Licup, Albert S.	Y4
	Lindemulder, Janna F.	Y3
	Lindsay, Elizabeth R.	Y1
	Liu, Amy G.	Y4
	Lloyd, Crystal G.	Y2
	Lloyd, Emily A.	Y3
	Luu, Mai N.	Y1
	Lynch, Todd A.	Y3
	MacDonald, Laura S.	Y1
	Markowitz, Michelle	Y2
	Martindale, Katie C.	Y4
	Mataya, Amanda J.	Y3
	McLeod, Heather M.	Y4
	Meeks, Justin J.	Y3
	Menza, Kimberly A.	Y1
	Moir, Allison	Y3 Y1
	Mok, Miranda J. Morfoot, Joseph B.	Y3
	Morrissey, Colleen M.	Y4
	Mosley, Megan V.	Y1
	Mulick, Stephanie L.	Y4
	Mus, Danny	Y2
	Muser, Ashley N.	Y1
	Nosi, Iva	Y1
	O'Brien, Patrick J.	Y1
	Oltz, Melissa C.	Y3
	Ottenbacher, Heidi A.	Y1
	Pandya, Aalok P.	Y1
	Park, Lena G.	Y4
	Patel, Nimisa R.	Y4
	Patel, Shreya N.	Y2
	Patel, Sonal R.	Y3
	Peotter, Callie M.	Y1
	Perry, Ellen S.	Y1
	Perry, William D.	Y2
	Peterson, Elizabeth A.	Y4
	Pham, Tu-uyen D.	Y3
	Phillips, Margaret A.	0
	Plug, Jennifer L.	13
	Podberezin, Lyudmila P.	The state of the s
	Powell, Rachael M.	Y1
	Pozza, Kimberly A.	Y4
	Prawdzik, Karyn B.	Y3
	Prettyman, Jessica L.	Y2 Y4
	Rastogi, Puneet	Y4
	Rieman, Megan J. Rittenhouse Lance L.	Y4 Y4
	Ritter, Heather A.	Y4
	Rizwan, Sabina	Y3
	Sacoucci, Meagan	Y4
	Sandness, Falon S.	Y4
2	Santoyo, Alia	Y4
0	Saxton-Williams, Liz A.	Y4
.10		
:411		



Coilor Allyson M	Y
Seiler, Allyson M.	
Sheen, Julie S.	Y
Sierszulski, Monica B.	Y3
Skluzacek, Kristin M.	Y:
Smith, Barbara M.	Y:
	Y
Smith, Kimberly D.	
Smith, Shannon J.	Y2
Snyder, Beth A.	Y:
Sokol, Tessa L.	Y3
Sommer, Jennifer L.	YZ
Spinar, Susan M.	Y.
Srednick, David A.	Y.
Strickler, Crystal H.	Y
Strombeck, Tracey J.	Y2
Szafranski, Alison F.	Y4
Tancabel, Katie N.	Y2
Thi, Lien M.	Y
Thomas, Abby M.	Y
	Y2
Thompson, Michaela J.	
Tran, Susan T.	Y
Tsang, Timothy H.	Y
Tseng, Tommy	Y
Tung, Sherman G.	Y
Upadhyay, Snehali A.	Y
Van Vark, Michelle D.	YZ
VanDeWyngaerde, Tara N.	Y3
Vastis, Nickolas A.	Y4
Veire, Evan J.	Y2
Vergin, Jacob B.	Y3
Vien, Kay T.	Y
Vien, Lee O.	Y2
Warren, Elizabeth A.	Y2
Waters, Tilena B.	Y4
Wei, Jolyn	Y2
Wilkinson, David A.	Y3
Williams, Stacy A.	Y1
Williams, Tamika T.	Y
Wilson, Timothy N.	Y4
	Y
Winckler, Mark R.	
Witzenburg, Eric N.	Y3
Wright, Carrie C.	Y3
Wyckoff, Karen A.	Y3
Yam, Jane	Y1
Yarzak, Ellen R.	Y
Ymalay, Ian A.	Y3
Zaker, Joseph F.	Y3
Zuber, Todd K.	Y3



Commencement News

Commencement Activities

Commencement is held at Rockefeller Chapel on the campus of the University of Chicago at 11:00 a.m. on Saturday, May 20. Rockefeller Chapel is located at 5850 S. Woodlawn Ave. A reception honoring the Class of 2006 will be

held at Ida Noyes Hall immediately following the ceremony. The building is located directly east of the Chapel.

2006 Commencement Choir

Any faculty or O.D. degree candidates who would like to be part of this year's commencement choir, please contact Greyson Barger, box 489 or Joel Sollom, box 606 or email gbarger@eyedoc.ico.edu or Jsollom@eyedoc.ico.edu at your earliest convenience. Come join us on the exciting day to sing the ICO Alma Mater.

CLASSIFIEDS

Need Extra Money?

35 PAID hours are available each week for this computer current first year savy workstudy. Excel and Word are the programs we use. If so, the Academic Administration Department is looking for you! They have a summer quarter work-study position available. The hours are flexible but the ideal candidate

must work 5 days a week. Serious applicants should contact Deanna Polakowski at extension 7011.

Help Wanted

Work- Study positions available in the IEI Materials Management Department (next to Cornea Contact Lens Center, Flexible hours. Please see or call Susan Andrade X7268 or Donna Hartner X7266.

Summer Help Wanted

Are you looking for a full time or part time job during the day during the summer? The library needs 2-3 students to work on inventory and other projects. See Mr. Dujsik if you are interested.

RESIDENCIES

*For more detailed information regarding residencies, please stop by Student Affairs. All residency information is located in the cabinet on the South Wall

SCHOLARSHIPS

For all scholarships and fellowships, please stop by the student Affairs Office for more information! All scholarship information can be found in the 3rd drawer of the cabinet on the South wall.

Scholarship	Who's Eligible	Amount	Deadline
Walman Optical Company Scholarship Program	 2nd or 3rd Year US Citizen or resident Alien 	\$500 to \$3,000	Postmarked no later than April 10, 2006
Optometric Society of Greater Kansas City, Inc.	 From greater Kansas City area 2nd and 4th Years Based on GPA 	\$500	April 15 th to the Optometric Society of Greater Kansas City
The 2006 Dr. Seymour Galina Grant	standing with AOSA Good academic Standing Paper of 1,500 words	\$2,500	To Student Affairs by 4/17/06
South Dakota Affiliate American Foundation for Vision Awareness Dr. Monty Friedow Memorial Scholarship	 Entering 3rd and 4th Year From South Dakota Upper Half of class 	\$1,000	April 25, 2006 to Diane Rausch
AFVA - Michigan Affiliate	 Resident of Michigan 3rd year B or better Practice in Michigan 	\$1,000	Mailed to Mary Bellows by May 1, 2006

Julius Neumueller Award in Optics	Paper not over 3,000 words	\$500 and a plaque, travel expenses to annual academy meeting	Due to Student Affairs Office by May 1, 2006
John Gyles Education Awards	Canadian or AmericanCitizenshipGPA of 2.7 or more	\$3,000	June 1 st . Available on-line at www.johngyleseducationcenter.c om
Ohio Optometric Foundation, Inc	Ohio residentAll classesEssay on career objectives	\$1,500 each (8 awards)	June 15, 2006
Connecticut Association of Optometry Scholarship Fund (Kornblutt, Comstock and CAO Scholarships)	Connecticut residents	Amount Varies	July 1, 2006
Polish Women's Civic Club, Inc.	 One parent of Polish heritage For male or female Chicago area resident Financial need Good grades 	Not specific	Obtain application by sending a self address envelope to Eunice Warda. Deadline is July 1, 2006 for application.
Wisconsin Foundation for Vision Awareness and WI Optometric Association Scholarships	 Resident of Wisconsin for 3 years Member of AOSA Must complete one year in optometry school 	\$500	Application to WOA prior to August 15, 2006

The Student Affairs Office has more information, so stop by and check it out

FITNESSCORNER

Put Spring into your Spring work-

second person.

out routine Something most of us have not thought about let alone tried to do since grade school is actually a fun, "easy", low-tech addition to our

workout usual **JUMP** ROPING. Jumping rope is a killer calorie burner (nearly 200 calories for 15 minutes of jumping). It's a good workout of building bone 4 strength. strength

building, the gastrocnemius, quadriceps, hamstrings, glutes, abdominals, forearms and deltoids all get put to the test. Jump roping, as boxers will attest, is also great for agility, hand eye coordination, and improved balance.

> get started there are a few essentials to consider. First a good jump rope makes a big difference. A segmented or beaded rope is ideal. Its weight gives the rope enough momentum to make a nice wide

> > arc. It will be less of falling.

likely to tangle reduce the chances Ropes made of light weight material are more "work" to jump and may actually lead to injuries.

Good cross training shoes are the best footwear choice. They will provide support at the ball of the foot - point of impact. And speaking of support issues, a good

Remember this Jump Rope Rhyme?

"I like offee, I like tea, I like (name of

pext person in line) to come in with me."

Then the two jump together, the second

is done, the first person runs out, and the

new person comes in and jumps with the

Contributed by Cheryl Anderson

person saying the rhyme. When the rhyme

sports bra for women is also essential for repetitive, bouncy workouts like rope jumping.

As you begin to jump rope its good to remember it will take time to get into a rhythm and build endurance. Since rope iumping is an accelerated endeavor you may find that you can only jump for a minute or two before becoming winded. If you do get winded simply jog in place, catch your breath, and start back when you can.

Pay attention to your jumping surface. Concrete sidewalks should be avoided (despite all of our recess experiences). Matted surfaces, wood floors, thinly carpeted surfaces or even asphalt are better choices.

Vary your jump roping as you would any other workout. Listening to your favorite up tempo dance music can help. Varying steps can also add variety. The traditional two-step jump is great, but don't feel like it's the only thing to do. Single foot hops (alternating feet), rope jacks (feet in, feet out, alternating like jumping jakes), rope kicks (kicking one leg straight out as part of the jump) and run jumping (running instead of hopping) are all ways to keep the work out varied.

If you'd like to find out more about building a jump roping workout, visit www. DrJump.com. Whatever you do, keep your workout fun!

Life, Liberty, and the Pursuit of Happines

Student Financial Services is pleased to present the third of five mini-sessions on getting financially fit!



Daylight Savings Time Friend on Foc)-Financially Speaking

Monday, April 10th, 2006

8:30-8:50am in 1200 Lecture Center 3:30-3:50pm in 1202 Lecture Center 5:00-5:20pm in 1200 Lecture Center

Get 20 chances to with the of twenty \$50 Gift Certificates to your favorite restaurant.

Mark your Calendars for the Next Sessions!

- Resist the Urge to Splurge

May 2

It's a Parade - Consolidate and Celebrate (Mother's Day, Graduation Day and Memorial Day)







Focal Point

CAMPUSNEWS

Commencement News

Commencement Speaker

Lesley Walls, O.D., M.D., D.O.S.,

President of the Southern California

College of Optometry, has lectured extensively in both the optometry and medical professions to students and in continuing educational programs to practitioners with the primary emphasis on general pathology and ocular manifestations of systemic diseases. He is a graduate of the University of California Berkeley School of Optometry, and holds a Doctor of Medicine degree from the University of California at Davis, as well as a honorary Doctor of Ocular Science degree from SCCO.

Commencement Activities

Mark your calendars for May 17th. We are planning our annual event called the Commencement Capstone Program that we encourage all degree candidates to attend. The day will start with commencement rehearsal, leaving by trolley from ICO, at 12:30 p.m. Following rehearsal there will be a dinner, awards presentations time to visit with corporate sponsors concluding with cap and gown pick-up. All degree candidates are encouraged to attend the day's events.

Commencement's held at Rockefeller Chapel on the campus of the University of Chicago at 11:00 a.m. on Saturday, May 20. Rockefeller Chapel is located at 5850 S. Woodlawn Ave. A reception honoring the Class of 2006 will be held at Ida Noyes Hall immediately following

the ceremony. The building is located directly east of the Chapel

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<u>Jsollom@eyedoc.ico.edu</u> at your earliest convenience. Come join us on the exciting day to sing the ICO Alma Mater.

Dodgeball Championship

Congretulations to Nana Owusu, Dodge Perry, Brian Parrett, Rachel Hutchins, Aaron Werner and Jordan Jones who dodged, ducked, dipped and dived their way to a dramatic victory in the Optic Cup of Dodgeball!

Best costume went unanimously to Paul Kappell, Evan Viere, Michael Budahn, Callie Sparing, Scott Collings and manager Brent Harberts who played covered in blue bodypaint, dressed as the Smurfs.

Thank you to all those who participated and all to all those in attendance. It was a great tournament and will prove to be even bigger next year!

Nate Della Vedova, Director of Intramural Athletics

NOSA News

Election Results

Congratulations to the following new officers for the 2006-2007 academic vear:



NOSA-ICO:

President: Lakitta Woods Vice-President/President Elect: Kimberly Betton Treasurer: Erica Ittner

Parliamentarian: To be determined next year

Recording Secretary: Tami Carby

Corresponding Secretary: Cara Davidson NOSA-ICO Delegate: Melissa Chen

NOSA National:

Vice-President: Joe Pruitt

NOSA Service Scholarship Award

Thank you for all of those who applied for the 3rd annual NOSA Service Scholarship Award. It was a very difficult decision, but the recipient of this year's award is 2nd year, Nadia Khan. Congratulations!

NOA/NOSA Convention

Cancun, Mexico

Optometric National The Association 38th Convention is right around the corner! It will be held: 11-Jul-2006 To 16-Jul-2006 Hilton Cancun Beach & Resort

If you are planning on attending online to register ASAP. The web address is: http://natoptassoc.org/user/op/vention.php. The cut off date for a counted room is Saturday, June 10, 2006

Call the Hilton Cancun at 1 888-594-2483 for reservations. You can register for regular room rates OR All Inclusive rates (breakfast, dinner, taxes, domestic bar 11am-11pm). All nousive rates for double occupancy is \$7.00 per person per day. Rates for noninclusive double occupancy is \$139.00 (does not include meals, taxes, gratuities, or open bar. NOA suggests that everyone register for All Inclusive. Meals and drinks are expensive. If you have any other questions consult the website at the provided address or feel free to contact Joe Pruitt at jpruitt@eyedoc.ico.edu.

Spring Clothing

Welcome to spring! Have you started your Spring Cleaning yet?! The Student Association's annual Spring Clothing Drive will start up again

on Monday, April 24th, in the Presidents' Lounge. Clothing donations can be left in the clothing drive box near the SA bulletin board. Please remember that clothing needs to be in a wearable condition. Your donations are appreciated, not only by the Student Association, but by the community and the people you will be helping out. If you have questions, etc, please contact Camy Grewal, Box 166, cgrewal@ evedoc.ico.edu

Congratolations to ALBERT CHOI, elected as 2006-2007 MCA President.

est event of Spring Quarter Saturday, April 22nd at 7pm at PAGASUS restaurant. in having Interested

delicious Greek Dinner with your ICO friends?? Check out the restaurant website www. pegasuschicago.com

Student Organizations

Please submit your newly elected officers with their phone numbers, box numbers and email addresses to Kathy Brownfield in the Student Affairs Office.

Does Vision Therapy Improve Reading?

Dr. Maino

Solan et al quantified the influence of visual attention therapy on the reading comprehension of Grade 6 children with moderate reading disabilities (RD) in the absence of specific reading remediation. Thirty students with belowaverage reading scores were identified using standardized reading comprehension tests. Fifteen children were placed

randomly in the experimental group and 15 in the control group. The Attention Battery of the Cognitive Assessment System was administered to all participants.

The experimental group received 12 one-hour sessions of individually monitored, computerbased visual attention therapy programs; the control group received no therapy during their 12-week period. Each group was retested on attention and reading comprehension measures. In order to stimulate selective and sustained visual attention, the vision therapy stressed various aspects of arousal, activation, and vigilance. At the completion of attention therapy, the mean standard attention and reading comprehension scores of the had improved > experimental group significantly. The control group, however showed no significant improvement in reading comprehension scores after 12 weeks. still this Although uncertainties exist. investigation supports the notion that visual attention is malleable and that attention therapy has a significant effect on reading comprehension in this often neglected population.

Get the full active from ICO's library: Solan HA, Shelly-Tremblay J, Ficarra A, Silverman M, Larson S. Effect of attention therapy on reading comprehension. J Optom Vis Dev. 35(2):87-96.

Did You Know?

Dr. Colip

AOA Weighs in on proposed FCLCA
Amendment. U.S. Senators Bob Bennett
(R-UT) and Patrick Leahy (D-VT) recently
introduced the Contact Lens Consumer
Protection Act (S. 2480), a bill
supported by 1-800 CONTACTS and
aimed at amending the original
FCLCA regulations on contact lens
distribution channels. The AOA
believes that S. 2480 fails to address
the prescription verification
problems it has identified, which

were cited by the Federal Trade Commission in an October 2005 warning letter to 1-800 CONTACTS. The bill appears to be based on a Utah state measure approved last month. Penalties under the proposed federal bill, which would be levied by the FTC, are the same as those of the original FCLCA: \$11,000 per violation. Presumably, this penalty would apply only to manufacturers. Under the proposed bill, the FTC is required to promulgate rules to carry out the law; these rules would take effect 60 days after the law would be bassed. In light of this action, the AOA has sent a letter to Sen. Bennett expressing deep concern over the passage of the Utah legislation, which it views as severely flawed" and "anti-competitive in the extreme." The AOA letter points out that the Utah legislation "falls significantly short of providing needed safeguards for consumers who may be endangered by disreputable online contact lens sellers." It also states that the AOA "would strongly oppose a Federal bill found to be as inconsistent with common competitive practices" as the Utah legislation. The AOA publicly urges Sen. Bennett and his Congressional colleagues to help stop abuses of the current FCLCA legislation that could endanger or deceive patients. For more information, go to www.aoa.org.

Tech Tips

Ahmed Mohammad

Avoid the My Documents default

(Word 97/2000/2002/2003) Office ETips

from NewHorizon computer learning center

Q) How do I remove stored passwords from my web browser?

Below are instructions for

removing saved passwords from various Internet browsers:



In Internet Explorer, go to Tools -> Internet Options -> Content -> Personal Information -> AutoComplete. Make sure AutoComplete is not enabled for "Forms" and "User names and passwords on forms."

Netscape 7.x, you need to remove it from the password manager.

First, click on the "Tools" menu, choose "Password Manager," then choose "Manage Stored Passwords." You should see a list of sites for which you have purposely or accidentally chosen to store a password. You can look through the sites one-by-one until you find the site/password you wish to remove or you can simply click "Remove All."

Firefox

From the Tools menu, choose Options. Click Privacy on the left. Make sure 'Remember' Passwords' is unchecked under Saved Passwords. Click Clear to delete all passwords. Alternatively, click View Saved Passwords to remove

Low Vision Awareness Night

May 4th, 2006 5:00pm, Room 1201

Come have dinner and learn about the opportunities of providing low vision services!

The Low Vision Rehabilitation Section will be conducting its Student Low Vision Educational Awareness Program on Thursday, May 4,

2006. Dr. Mark Wilkinson will be providing a presentation on low vision care and the opportunities. Students in any year of study are invited.

The program is planned to run from 5:00 to 7:00 PM.

5:00 PM Pizza, beverages, and networking

5:30 PM Dr. Wilkinson presents a motivational program about the need for low vision practitioners

6:15 PM Presentation about the benefits of belonging to the American Optometric Association and its Low Vision Rehabilitation Section

6:30 PM Section membership applications are distributed to the students

6:45 PM Question and Answer time

Spotlight on the Library

by Kathryn Johnston Information Systems Librarian

Health Promotions

Paper

The Library has access to more general article

databases from our http://icolibrary/library.htm on-campus website. Click on Websites and then on EBSCO Host. EBSCO Host covers deneral publications such as *Time* or *Consumers' Reports*, as well as academic journals such as *Lancet*, *AIDS Patient Care*, *Law and Policy*, or *Psychology, Crime and Law*. Many of the articles are full-text, and you can choose whether to find only articles from peer-reviewed journals. You can find EBSCOHost on the Library section of the Intranet, also.

Please contact a librarian if you need assistance in using this resource!

New Books

The Library has a fresh crop of new books for spring!





Stereoatlas of Ophthalmic Pathology,

RE555.S74 2006

High quality color, 3-D photos (comes with 3-D glasses)

Vision Therapists' Toolkit, RE91 .H43 2004 Accommodation and Presbyopic Correction, RE1 .O7 v.19 no. 1 2006

Common Eye Diseases and their Management, RE46 .G3 2006

Ophthalmic Neuroimaging, RE79 .142 O63 2005

Pediatric Ophthalmology, Neuroophthalmology, Genetics, RE48.2.C5 P454 2006

Photocopying/Printing Money on Card

Every student was given a twenty dollar credit on his or her ID card at the beginning of the school year to be used only for photocopying and printing. Once that credit is spent, the student is responsible for any additional money needed for printing or copying.

To check how much money has been spent or remains on the ID card, log on to TheView. Near the bottom of the right column, click on Online Card Office. To log in, type in your Student ID number, and then 1122 as the pin. Click on the top tab for View Transactions, and then on Submit. The total balances for each account, including Color Copier which is the photocopying/printer fund, will be listed. Don't forget to change the generic password.

You can add more money to the cald at the snack machines, or by clicking on the top tab of Add Funds. You then can transfer funds from a debit or credit card account.

Optical Illusions Display

The Library has a display of optical illusions in one of our display eases. The books are only a sampling of our illusions and art collection and they have be checked out.

Ranel Discussion

Are Your "Eyes on the Road Ahead?"

students are invited to attend the "Eyes on the Road Ahead" panel discussion featuring a

diverse group of successful ICO alumni who have taken different paths to success. The panelists have volunteered to share their experiences since graduating. This is a great opportunity to hear the do's and don'ts from your future colleagues. Students are encouraged to participate by asking questions throughout the evening's discussion. Dr. Valerie Kattouf will moderate.

A reception including a variety of hot and cold hors d'oeuvres and beverages will precede the event. Mark your calendar now!

Date: Thursday, April 27, 2006

Time: 6:00 p.m. Reception

6:30 - 8:30 p.m. Panel Discussion

Place: Lecture Center Foyer and Room 1200

This event is sponsored by ICO and Alcon and is free for all students, faculty, and staff. For more information, contact Connie Pietrzak in the Alumni Relations and CE Office at x7080 or cpietrzak@co.edu.

Jazz at St. James

Just a friendly reminder that grant at St. James" will take place this Saturday evening, and you are invited to join us for a special discounted rate!

Tickets for everyone else are \$25 - but you lucky students - you get a deal at only \$15 bucks! Come on! Where else can you go and hear such great music, all while supporting the great ministries of St. James Church? We are really counting on your support for this special event and would like to see many of you come out and join us.

You will also be able to hear great Jazz music at the Sunday Masses this weekend too!

Please contact me if you need tickets. Room #206 in MTCC or call 312-567-3160.

Peace and blessings, Bette:)

Campus Minister / Director of Spiritual Life

P.S. If \$15 is still out of budget - sell 5 tickets to friends and get yours free!

Lockers

Attention Graduates and Third Year Students Leaving for Summer Externship Please take the responsibility of removing your belongings and your lock from your locker before leaving ICO. Also please notify Kathy in the Student Affairs Office which locker you vacated. Thank you.

CLASSIFIEDS

Summer Help Wanted

Are you looking for a full time or part time summer job during the day? The library needs 2-3 students to work on inventory and other projects. Please contact the Library Director, Gerald Dujsik, if interested.

Summer Job!

Are you a current first year who can work in excel and word? If so, the Academic Administration Department is looking for you! They have a summer quarter work-study position available. The hours are flexible but the ideal candidate must work 5 days a week, 30-35 hours per week.

Applicants should contact Deanna Polakowski at extension 7011.

Workstudy

IEI Advocate Clinic Seeks Workstudy help on Tuesday afternoons, 1-4pm. Willingness to work and learn are required. If interested please contact Joyce Bugno at extension 7211.

RESIDENCIES

*For more detailed information regarding residencies, please stop by Student Affairs. All residency information is located in the cabinet on the South Wall.

SCHOLARSHIPS

For all scholarships and fellowships, please stop by the Student Affairs Office for more information! All scholarship information can be found in the 3 drawer of the cabinet on the South wall.

Scholarship	Who's Eligible	Amount	Deadline
South Dakota Affiliate American Foundation for Vision Awareness, Dr. Monty Friedow Memorial Scholarship	 Entering 3rd and 4th Year From South Dakota Upper Palf of class 	\$1,000	April 25, 2006 to Diane Rausch
AFVA – Michigan Affiliate	Resident of Michigan 3 rd year B or better Practice in Michigan	\$1,000	Mailed to Mary Bellows by May 1, 2006
Julius Neumueller Award in Optics	Paper not over 3,000 words	\$500 and a plaque, travel expenses to annual academy meeting	Due to Student Affairs Office by May 1, 2006

John Gyles Education Awards	 Canadian or American Citizenship GPA of 2.7 or more 	\$3,000	June 1 st . Available on-line at www.johngyleseducationce nter.com
Ohio Optometric Foundation, Inc	Ohio residentAll classesEssay on career objectives	\$1,500 each (8 awards)	June 15, 2006
Connecticut Association of Optometry Scholarship Fund (Kornblutt, Comstock and CAO Scholarships)	Connecticut residents	Amount Varies	July 1, 2006
Polish Women's Civic Club, Inc.	 One parent of Polish heritage For male or female Chicago area resident Financial need Good grades 	Not specific	Obtain application by sending a self address envelope to Eunice Warda. Deadline is July 1, 2006 for application.
Wisconsin Foundation for Vision Awareness and Wisconsin Optometric Association Scholarships	 Resident of Wisconsin for 3 years Member of AOSA Must complete one year in optometry school 	\$500	Application to WOA prior to August 15, 2006

The Student Affairs Office has more information, so stop by and check it out

FITNESSCORNER

JP Morgan Chase Corporate Challenge

The Illinois College of Optometry would like to invite all its employees, students,

family and friends to participate in the 2006 JPMorgan Chase Corporate Challenge® 3.5 mile run/walk. The event will take place on Thursday, May 25, 2006 at 7:15 pm in Grant Park. All participants will receive a FREE ICO team shift and enjoy food and beverages in our team tent before and following the event!

Those interested in participating need to visit www.ipmorganchasecc.com and register under the ago by TUESDAY, MAY 2.

Massage Therapy

Do approaching finals have you feeling stressed and worn out? Massage therapy treats both the body and the mind, and it is available right here on the ICO campus!

Sharita Davis, certific d massage therapist, provides table massage Wednesday While we book appointments in 10 mirute intervals, she'll work on you for as long as you need or like. Sharita's training qualifies her to work on you for problems ranging from simple stress reduction to complex more musculoskeletal problems. clients remain fully clothed, and no oils are used.

Don't forget that massage therapy gift certificates make easy, inexpensive, and always-appreciated gifts for your friends and co-workers!

Sharita's will be at ICO on Wednesday, May 3. Cost is \$10 per 10-minute session. Please call x7460 for further information, to purchase a gift certificate, or to schedule an appointment.

Free Personal Training

Get ready for summer with a motivating—

and FREE—personal training session! Our fantastic staff of trainers will work with you to make sure you get active-or stay active-this summer. Just drop your preferred trainer a note in his/her boxremember to include your name, phone number, and preferred training time(s). And remember, our trainers are happy to work with everyone at ICO-students, staff, and faculty!

PERSONAL TRAINERS				
Cynthia Frelund	342			
Donnie Hager	Box 46			
Emily Pott	Box 246			

Eye On Wellness:

Are split routines better than total-body workouts?

The spilt routine is a method of training

where the body is divided or "split" into different parts that are trained on different days. Despite the popularity of split routines, they are no more effective than total-body workouts. Any routine can be productive as long as it encourages progressive overload and provides adequate recovery. Split routines often fall short in providing enough recovery. Even if only part of the body is trained in a workout, energy systems are used from throughout the entire body to provide metabolic support. If a workout is performed the next day, those energy systems have not had adequate time to recover-even if the workout involves a different part of the body.

This information is provided by Fitness Management



Science has never drummed up quite as effective a tranquilizing agent as a sunny spring day. W. Earl Hall

ctions to Rockefeller Chapel

Rockefeller Chapel is located at 500 S. Woodlawn Ave. Take the 57th Street exit (Museum of Science & Industry) off Lake Shore Drive, that street will go West and curve South. Turn right at the Midway Plaisance. The chapel is about five blocks West of the turn and North of the Midway. There should be plenty of parking on Woodlawn, University 37th, 59th and the Midway Plaisance. A reception honoring the Commencement Class will be held at the Noyes Hall immediately following the ceremony. The building is located directly east of the Chapel dilled by

Illinois College of Optometry
31st St.
33rd St. 3
35th St.
Dr. M
Parking is available on
University, Woodlawn, 57th and the Midway
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Focal Point

CAMPUSNEWS

From Dr. Colip

Congratulations to all students on the successful completion of another year at ICO!

To the ICO Class of 2006 (candidates for the O.D. degree):

This will indeed be your last "Student" Newsletter. I have enjoyed working with you over the last few years and would like to

wish each of you the best as you begin your new careers. Let me be the first to welcome you as professional colleagues to our wonderful profession and to the ICO Alumni Association. As you take your first professional positions, the next few weeks and months will undoubtedly hold much change and professional challenge as you ty out your new privileges as licensed O.D.'s. The transition into practice can be intimidating for some, exhilarating for others As your first paychecks start rolling in I'd lke to challenge you to rely on each other as well as those of us that will remain here at ICO, for advice and assistance as you confinue your professional development and transition into practices. Though distances may separate us, you will always be part of the ICO "family". One of the great joys for many of us that will remain at ICO is the opportunity to continue to watch each of you grow and continue your professional development and learn of your successes. Your return visits are always

welcome! As a member of the largest optometric alumni association in the world you have earned

world you have earned access to and assistance from over 8,000 fellow alumni worldwide – take advantage of us! Your ICO education will

"Every new beginning comes from some other beginning's end."

~ Seneca - Roman Philosopher, mid-1st Century AD serve you well and will undoubtedly make many of your life's rewards possible. Be proud of your

accomplishment and best wishes to all of you!! I wish you each many successes in your new pareers!

To the Third Year Class: Congratulations on the completion of your formal classroom education and the start of your fourth and final year at ICO. I look forward to working with you and your Class Representatives to plan a memorable commencement ceremony, just 12 short months away! Best wishes to all as you apply your new skills in the Externship Program. Please visit us in the Student Affairs Office during your campus-based rotations. Now is a good time to list yourself with the ICO Placement Program (many of you already have - congratulations!) and use the next few months to start evaluating practices and thinking about where you may want to set-up practice.

To the Second Year Class: Best wishes as you begin your formal clinical education in the

Illinois Eye Institute. I encourage you to take an occasional break from your studies (and NBEO preparations!) and enjoy all that Chicago has to offer during the wonderful summer months. I highly recommend you check out the many festivals and plan to take in a concert in Grant Park sometime this summer – they're free! Many of you will take NBEO Part I in early August. I highly recommend that you save yourself some last minute anxiety by preparing early. You'll be glad that you did.

To the First Year Class: I commend you on the completion of your first year and encourage you to reflect back upon this year and realize just how much you have learned. To those of you that will be returning to your homes, have a wonderful and restful summer and I'll see you next fall. Once you have had a chance to catch your breath this summer, please consider returning a little early in the fall and helping out with First Year Orientation (Aug. 15 – 17) and help get the new Class off to a good start.

To all Students

From Dr. Colip

The summer months will once again be quite busy around ICO. ICO's annual Commencement Capstone Program for the graduating Class will run Wednesday, May 17th. Commencement is Saturday, May 20 at 11am at Rockefeller Chapel at University of Chicago.

The Admissions Office will conduct our summer Open House on Saturday. One 3rd; if you will be around and would like to help out or participate, please stop-by the Student Affairs Office and see Telsha Johnson to sign-up.

ICO will sponsor an alumni/student reception at the AOA Congress in Las Vegas (June 21-25). If you plan to attend the meeting, or will be in the area, we would appreciate your attendance. It is a great opportunity to petwork with ICO alumni and who knows,

maybe you will meet your new practice partner. Details on the meeting are available on the AOA wesite.

Have a great summer!!

Mark Colip, O.D.

Congratulations

Congratulations to the following 2006-2007 Student Association Officers:

Nana Owusu, President
Billi Campbell, President-Elect
Meagan Petraitis, Secretary
Kim Goss, Treasurer
Renée Phipps, Director of

Notetaking Services

Melissa Zarn, Director-Elect of Notetaking

Camy Grewal, Director of Community Service
Laura MacDonald, Director-Elect of
Community Service

Jordan Jones, Director of Intramural Sports
Andrea Vandendool, RC Coordinator

Mona Fahmy, 4th Year Class Representative Tessa Sokol, 4th Year Class Representative

Scott Collings, 3rd (Year Class

Representative

Vanessa Word, 3rd Year Class

Representative

Achyut Pesai, 2nd Year Class

Representative

Shilpa Shah, 2nd Year Class Representative

Maron Werner, AOSA Trustee

Natalka Manastersky, AOSA Trustee-Elect Shauna Lushko, Immediate Past President

We are looking forward to the upcoming year, good luck on finals and enjoy your summer!

Tomb and Key Officer

Congratulations to the following new officers of Tomb & Key Honor Society for the 2006-2007 academic year:

President: Karina Langle

Vice President: Megan Ambeault

Secretary: Kristin Skluzacek

Treasurer: Erin Havens

Keeper of the Archives: Anita Han Sergeant at Arms: Albert Choi

NOSA news

Election Results:

Congratulations to the following new officers for the 2006-2007 academic year:

NOSA-ICO:

Executive Board:

President: Marvin Howell

Vice-President/President Elect: Kimberly

Betton

Treasurer: Erica Ittner

Parliamentarian: Pooja Anand

Recording Secretary: Radha Anand

Corresponding Secretary: Cara Davidson

NOSA-ICO Delegate: Melissa Chen

Non-Executive Board:

Fundraiser Chair: Marjha Lanns

NOSA National:

Vice-President: Joe Pruitt

NOA/NOSA Convention

The National Optometric Association 38th Convention is right around the corner! It will be

held: 11-Jul-2006 To 16-Jul-2006 Hilton Cancun Beach & Golf Resort Cancun, Mexico

If you are planning on attending, please go online to register ASAP. The web address is: http://natoptassoc.org/user/convention.php. The cut off date for a discounted room Saturday, June 10, 2006.

Call the Hilton Cancun at 1 888-594-2483 for reservations. You can register for regular room rates OR All Inclusive rates (breakfast, dinner, taxes, domestic bar 11am-11pm). All Inclusive rates for collible occupancy is \$147.00 per person per day. Rates for non-inclusive double occupancy is \$139.00 (does not include meals, taxes, gratuities, or open bar. NOA suggests that everyone register for All Inclusive. Meals and drinks are expensive. If you have any other questions consult the website at the provided address or feel free to contact Joe Pruitt at ipruitt@eyedoc.ico.edu

From the Mailroom

Where's My Mail????

Summer Quarter 2006
The mailroom is responsible for forwarding first class mail to all graduating and first year students during the summer quarter. The Registrar's office provides us with the addresses used for your mail. It is extremely important that you provide the Registrar with your correct address. We can only forward mail to an address provided to us by the Registrar. If you have any doubt what you wrote down as a forwarding address, please double check your information.

Magazines are held until the fall quarter and catalogs are discarded.

Attention New Fourth Year Students:

If you are going on an Externship rotation please contact the Community Based Education assistant. Lisa Hamlin. You MUST complete an address form for your externship mailing address.

We receive all the mailing labels from the CBE office. Only this office can accept an address for externship students. If we do not have your correct externship mailing address we cannot send you your mail.

Lisa Hamlin can be reached in the Academic Administration area or at Ex. 7126.

If you have any questions, call X7085 or X7087.

Daisy Varkalis
Mailroom supervisor

Fourth years: please remember to return your mailbox keys to the mailroom

ICO Intramural Basketball Champions!

Congratulations to "The Big Heads" the 2007 Intramural Basketball Champs! The Big Heads were led by Team Captain Todd Lynch over a very talented first-year squad. Team members also included Taylor Tedder, Troy Meyers, Justin Weigel, Sean Sweeney, Ryan Beloungy, Ted Sees and Erik Buckley. Thank you to all teams for their sportsmanship and competitiveness thoughout the season!

Nate Della Vedova
Director of Intramural Athletics

Phonathon Thanks

Thank you to our student callers!

Our Spring student phonathon was a great success. Over \$5,000 was raised for our annual fund. Thank you to our exceptional callers — Zainab Awan, Brian Engesser, Jennie Lee, Abbie Rondeau and Grace Tran. Your time and effort brought in terrific results. Be sure to stop by for your caller results and to collect your prizes!

ICO in Australia!

Dr. Maino

Both Drs. Darrell Schlange and Dominick Maino attended the



International Congress of Behavioral Optometry in Sydney Australia at the end of April. Drs. Maino & Schlange presented posters while Dr. Maino also lectured at this meeting and in Melbourne. Watch for Dr. Maino's photographs of these events and of their trip through Australia soon.

Bookstore Salec

The Matthews ICO Bookstore is offering a sale of past season merchandise. This includes sweatshirts, winter hats, blankets and selected coffee mugs Please stop by and check us

4th Year Commencement Capstone

Graduation 2006 is quickly approaching. A precursor to the big day is an event that has become a tradition – the ICO Commencement Capstone Program. Capstone this year is scheduled for **Wednesday**, **May 17th**. The program is designed to assist graduates in the transition from student to practitioner.

We will have various practice opportunities featured. These opportunities include private practice, as well as corporate, group, and multidisciplinary practices. In addition to practice opportunities we will have professional organizations and goods and service suppliers to the ophthalmic profession represented. Everyone invited to participate in the Capstone program has the needs of new optometrists in mind.

The day will begin at 12:20 p.m. as the graduating class of 2006 will be welcomed aboard the historic Obicago Trolleys and whisked away to the landmark Rockefeller Memorial Chapel for commencement rehearsal. In years past parking at the University of Chicago during the week has been extremely difficult. Taking the trolley eliminates the parking issue and gives you a great opportunity to reconnect with your plassmates.

The agenda as planned for the day is as follows:

12:20 p.m. Graduates board trolleys to Rockefeller Chapel at the Indiana Avenue entrance

1:00 p.m. Commencement rehearsal at Rockefeller Chapel

2:30 p.m. Capstone sponsors
expected to arrive on campus and set up information tables

3:30 p.m. Graduates arrive back on campus via the trolleys, visit with sponsors at the information tables and enjoy the "Taste of Chicago at ICO" in the gymnasium

4:15 p.m. 4th Year Awards Presentation in the gymnasium

5:00 p.m. Graduates mingle and visit with sponsor at information tables

5:30 p.m. Commencement Capstone Raffle (Winner must be present in Gym to win!)

Cap & Gown Pickup in the President's Circle Lounge

"Virtual Yearbook" Distribution outside the Library

This day is planned with your bright futures in mind. We hope you will find it eventful and memorable. Good luck and best wishes in your future endeavors.

Tracy Faulkner

Professional Career Development Counselor Ext. 7403

Commencement News

Commencement is held at Rockefeller Chapel on the campus of the University of Chicago at 11:00 a.m. on Saturday, May 20. Rockefeller Chapel is located at 5850 S. Woodlawn Ave. A reception honoring the Class of 2006 will be held at Ida Noyes Hall immediately following the ceremony. The building is located directly east of the Chapel

Spring Clothing Drive

Welcome to spring! Have you started you Cleaning yet?! The Student Association's annual Spring Clothing Drive has started on Monday, April 34, in the Presidents' Lounge. Clothing donations can be left in the clothing drive the SA bulletin board. Please remember that clothing needs to be in a wearable condition. Your donations are appreciated, not only by the Student Association, but by the community and the people you will be helping out. If you Grew Grew have questions, etc, please contact Camy Grewal Box 166, cgrewal@ eyedoc.ico.edu

Did You Know?

Dr. Colip

Keratitis Associated with Multiple Endocrine Deficiency

An eight-year-old female suffered from severe photophobia and decreased visual acuity. Despite multiple outpatient visits, no definite cause was found and conservative treatments failed. On slit-lamp examination, severe meibomian gland dysfunction, loss of eyelashes, decreased tear meniscus, diffuse corneal vascularization and delayed punctate fluorescein staining of corneal epithelium were detected. Additionally, she had episodes of hypotension, oral candidiasis and seizures. Her systemic work up revealed multiple endocrine deficiency (Addison disease and hypoparathyroidism). Hormone replacement therapy with fludrocortisone and oral calcium accompanied by punctual occlusion led to significant clinical recovery. In a pediatric patient with diffuse corneal vascularization and no definite cause, systemic workup should be done to rule out multiple endocrine deficiencies Treatment consists of hormone replacement therapy and management of the dry eye

SOURCE: Mohammadpour M, Javadi MA. Paratitis associated with multiple endocrine deficiency. Cornea. 2006;25(1):112-4.

Abstract: Flat Versus Steep Fitting Methods for Keratoconus

Researchers in the Collaborative Longitudinal Evaluation of Keratoconus (CLEK) Study compared the safety and efficacy of flat- and steep-fitting rigid contact lenses keratoconus patients. Of the 761 rigid contact lens patients, 41% had a scar at baseline, compared with 24% of the non-rigid lens wearers. Flat-fitting lenses were fit on 87% of patients; 13% were fit with steep-fitting lenses. Scarring occurred in 43% of patients fit with flat-fitting lenses, versus 26% of the steep-fitted eyes. After eight years of followup, 32% of eyes that were unscarred at baseline and wearing flat-fitted lenses had developed an incident corneal scar, compared 14% with eves fitted steep. The

researchers conclude that keratoconic eyes fit with a rigid lens (after controlling for disease severity in the form of corneal curvature) resulting in apical touch pattern did not have an increased risk of central scarring at baseline. They note that this "natural history" sample cannot determine causal proof that one method of fitting is safer than the other. They recommend a randomized clinical trial to determine this.

Zadnik K, Barr JT, Steger-May K, et al. Comparison of Flat and Steep Rigid Contact Lens Fitting Methods in Keratoconus. Optom Vis Sci. 2005 Dec;82(12):1014-1021.

Abstract: Infectious Keratitis in an Ortho-K Patient

Doctors from the Department Ophthalmology at the Taiwan National Health Research Institutes report the case of a patient who developed a corneal ulcer while daytime orthokeratology undergoing treatment. A 16-year-old girl presented with a corneal ulcer in her right eye with a bestcorrected visual acuity of 20/40. Central topography showed the temporal upper dislocation of a central flattened zone. She had worn ortho-k lenses during the day for more than four years. The patient's ulcer worsened after treatment with tobramycin and gentamicin for one day. Ciprofloxacin resolved the ulcer and visual acuity returned to 20/20 with spectacle correction. Cultures of the cornea, contact lens and solution grew Burkholderia cepacia, Pseudomonas putida and Pseudomonas aeruginosa. The authors that an improper conclude contamination of lenses or solutions in ortho-k therapy are risk factors for the development of a corneal ulcer, even when lenses are only worn during the day.

Ying-Cheng L, Chao-Kung L, Ko-Hua C, Wen-Ming H. Daytime orthokeratology associated with infectious keratitis by multiple gramnegative basik: Burkholderia cepacia, Pseudomonas putida, and Pseudomonas aeruginosa Eye Contact Lens. 2006 Jan;32(N):19-20.

Tech Tips

Ahmed Mohammad

IS contact procedures.

Phone calls or voice mail to x 7500 or email to support@ico.edu are the expected methods for contact the support team with a problem.

1. Phone Request:

Contact x 7500 for a medium or high priority request. To properly prioritize your problem or request, please be as descriptive as possible by describing the problem, workstation location and person to contact along with their extension. Press 1 for normal priority messages or press 2 for major system emergencies. If option 2 is selected, calls will be forward to x4500 and the person on-call will be paged.

2. System Support Email:

Non-emergency priority problems, or requests such as installing new software, hardware, etc., can be sent via email to support@ico.edu. The email should be as descriptive as possible, including the problem, workstation location and person to contact along with their extension.

Sort month and day names chronologically (Excel 97/2000/2002/2003)

www.Newhorizonsetips.com

you sort data based on a column of month or weekday names, Excel sorts the data alphabetically. Chances are you'd rather that it sort the information in chronological order. Fortunately, it's easy to do so:

- 1. Select any cell in the column of month or weekday data.
- 2. Choose Data | Sort from the menu bar.
- 3. Click the Options button.
- 4. Select the appropriate custom list using the First Key Sort Order dropdown list.
- 5. Click OK on the open dialog boxes.

Display and print out formulas in Excel (2003)

Have you ever wanted to inspect your worksheet formulas on paper but couldn't figure out how to do so? Select Tools |

Formula Auditing | Formula Auditing Mode from the menu bar. The hidden formulas will appear right on your sheet. Now, all you need to do is click Print as you normally would to see your formulas in hardcopy form.

Spotlight on the Library

by Kathryn Johnston
Information Systems Librarian

Library Hours for Break and Summer Term:

Saturday, May 13

9:00 am-5:00 pm

Sunday, May 14

Closed

Mon.-Fri, May 15-19

8:00 am-5:00pm

Sat.-Sun., May 20-21 Closed

has

Mon.-Thur. May 22-May 25

00 am-9:00

pm

Fri, May 26

8:00 am-5:00 pm

Memorial Day weekend, May 27-29

Closed

Summer Hours (beginning May 30):

Mon.-Thu.

8:00 am-9:00 pm

Fri.

8:00 am-5:00 pm

Sat.

9:00 am-5:00 pm

Sun.

Closed

First Year and Graduating Students

All library materials are due by May 13, 2006 for graduating and first year students. Fourth year students must return all Library materials by May 13, 2006. After commencement, the new graduates may again check out Library materials.

First year students can borrow library materials after exams are over Regular due dates apply (one month to books). With your User ID and PIN you can renew them throughout the summer.

Private Practice Resources

The Library has purchased a variety of books to assist optometrists going into private practice. Some samples:

Maximizing the Potential of your Ophthalmic Office: What You Need to Know about Planning and Design, by Fred Kahn. RE72.K34 2002

Ophthalmic Office Design Guide, by Barbara L. Wright. RE72 .W8 2001
Clinical Contact Lens Practice, by Edward S. Bennett. RE977 .B42 2005
Marketing Your Clinical Practice: Ethically, Effectively, Economically, by Neil Baum. R728 .B3 2004

Future Alumni

ICO graduates and residents have earned life-time Library privileges. You will be able to check out library materials, such as books or continuing education audio CDs, and we will even mail the materials to your home or office without charge. In addition, you can request articles to be mailed to you.

Our online catalog is available off campus at http://library.ico.edu. If alumni want to be able to search for VisionCite articles themselves, the library sells a subscription to VisionCite for \$40.00 annually. This price includes a 20% discount for ICC Alums. Contact Library Director, Gerald Orisik, for details.

Good luck on your exams! Congratulations, Graduates! Have a great summer and we look forward to seeing you in the library!

APHA Annual Meeting

APHA (American Public Health Association)

APHA 134th Annual Meeting & Exposition Public Health and Human Rights Nov 4-8, 2006 Boston, MA Visit www.apha.org/meetings for more info Online Registration begins June. 1, 2006 Jamie Ho

Lockers

Attention Graduates and Third Year Students Leaving for Summer Externship

Please take the responsibility of removing your belongings and your lock from your locker before leaving ICO. Also please notify Kathy in the Student Affairs Office which locker you vacated. Thank you.

CLASSIFIEDS

Workstudy

I would like to post a open position in the optical services/material management department. The position entails working with contact lenses and IDPA glass orders. Flexible hours summer position and beyond. Would desire someone that had the full 35 hours available for the entire summer with flexible days. Please have them contact my extension Donna at 7266 for the idpa and Susan at 7268 for the contact lenses. Thanks Donna

Looking for Summer Work Study jobs?? Suite Technicians:

Mon am - Suite 2

Tue am - Suite 2

Wed am, pm, and eve - Suite 2

Wed eve - Suite 1

Thu am - Suite 2

Fri am - Suite 2

Sat am - Suite 1 & 2

Calling and Recalling Patients:

any 3 hour time block Mon-Fri

Front Desk Assistant:

Mon 9-11, 4-6

d please contact Dr. Rozwa

dico.edu or x7179.

Jummer Workstudy

Advanced Care is in desperate need of

Summer workstudy help. Full-time and flexible part-time hours are available. Please contact Mary at 7222.

Summer Help Wanted

Are you looking for a full time or part time summer job during the day? The library needs 2-3 students to work on inventory and other projects. Please contact the Library Director, Gerald Dujsik, if interested.

Summer Job!

Are you a current first year who can work in excel and word? If so, the Academic Administration Department is looking for you! They have a summer quarter work-study position available. The hours are flexible but the ideal candidate must work 5 days a week, 30-35 hours per week.

Applicants should contact Deanna Polakowski at extension 7011.

Work Study Needed

Biomedical services needs student worker for equipment repair. No experience necessary. Andy Fabrizius - ext. 7190 Manager Biomedical Services

RESIDENCIE

more detailed information regarding residencies, please stop by Student Affairs. All residency information is located in the cabinet on the South Wall.

SCHOLARSHIPS

For all scholarships and fellowships, please stop by the Student Affairs Office for more information! All scholarship information can be found in the 3rd drawer of the cabinet on the South wall.

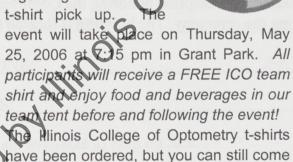
Scholarship	Who's Eligible	Amount	Deadline
John Gyles Education Awards	 Canadian or American Citizenship GPA of 2.7 or more 	\$3,000	June 1 st . Available on-line at www.johngyleseducationce nter.com
Ohio Optometric Foundation, Inc	Ohio residentAll classesEssay on career objectives	\$1,500 each (8 awards)	June 15, 2006
Connecticut Association of Optometry Scholarship Fund (Kornblutt, Comstock and CAO Scholarships)	Connecticut residents .	Amount Varies	July 1, 2006
Polish Women's Civic Club, Inc.	 One parent of Polish heritage For male or female Chicago area resident Financial need Good grades 	Not specific	Obtain application by sending a self address envelope to Eunice Warda. Deadline is July 1, 2006 for application.
Wisconsin Foundation for Vision Awareness and Wisconsin Optometric Association Scholarships	 Resident of Wisconsin for 3 years Member of AOSA Must complete one year in optometry school 	\$500	Application to WOA prior to August 15, 2006

The Student Affairs Office has more information, so stop by and check it out

FITNESSCORNER

JP Morgan Chase Corporate Challenge

Thank you to everyone who signed up for the JPMorgan Chase Corporate Challenge! Stay tuned for details regarding the event and t-shirt pick up.



to the event to cheer on your classmates

and coworkers!

Massage Therapy

Do approaching finals have you feeling stressed and worn out? Massage therapy treats both the body and the mind, and it is available right here on the ICO campus!

Sharita Davis, certified massage therapist, provides table massage Wednesday. While we book appointments in 10 minute intervals, she'll work on you for as long as you need or like. Sharita's training qualifies her to work on you for problems ranging from simple stress reduction to more complex musculoskeletal problems. Massage clients remain fully clothed, and no oils are used.

Don't forget that massage therapy gift certificates make easy, inexpensive, and always-appreciated gifts for your friends and co-workers!

Sharita will be at ICO on Wednesday, May 17. Cost is \$10 per 10-minute session. Please call x7460 for further information, to purchase a gift certificate, or to schedule an appointment.

Free Personal Training

Get ready for summer with a motivatingand FREE-personal training session! Our fantastic staff of trainers will work with you to make sure you get active-or stay active-this summer. Just drop your preferred trainer a note in his/her boxremember to include your name, phone number, and preferred training time(s). And remember, our trainers are happy to work with everyone at ICO-students, staff, and faculty!

PERSONAL TRAINERS					
Cynthia Frelund 342					
Donnie Hager	Box 46				
Emily Pott	Box 246				

Eye On Wellness:

Protein Intake and Blood Pressure

Most people know that too much sodium can have a negative effect on high blood pressure. But what you might not think about is the relationship between protein intake and high blood pressure.

A study that appeared in the Archives of Internal Medicine, examined 4,680 people, ages 40-59, from four countries. Although no beneficial association was found between blood pressure and animal or total protein intake, the results for vegetable protein intake were far more promising.

The researchers concluded that the vegetable protein intake was inversely related to blood pressure. This finding is consistent with the recommendations that a diet high in vegetable products be part of a healthy lifestyle for prevention of high blood pressure and other diseases.

This information is provided by IDEA Fitness Journal

Directions to Rockefeller Chapel

Rockefeller Chapel is located at 5850 Woodlawn Ave. Take the 57th Street exit (Museum of Science & Industry) off Lake Shore Drive, that Greet will go West and curve South. Turn right at the Midway Plaisance. The chapel is about five blocks West of the turn and North of the Midway. There should be plenty of parking on Woodlawn, University, 5 th, 59th and the Midway Plaisance. A reception honoring the Commencement Giil2ed by Illino Class will be held at Ida Neves Hall immediately following the ceremony. The building is located directly

Special Olympics-Lions Club International Opening Eyes Program Coming June 16 & 17

Volunteers Needed

Last year was the sixth year that optometry was represented at the Illinois State Special Olympic Games held in Bloomington/Normal in June. 244 athletes were screened at the event, and 144 pieces of eyewear were prescribed, whether it be an everyday Rx, or a sport goggle. The screening was a great success for both the athletes who participated and the volunteers who made it run so smoothly!!

This year we will be doing it again, and we need your help! We had 9 optometrists, 2 opticians, and 16 Illinois College of Optometry students volunteering last year. We also had a great turn-out of LIONS club volunteers in 2005, with 28 members participating in our screening. This year we need you! Of particular need are volunteers for Saturday, since it is a full day of screening. Bring your family, friends, and staff and make it a group activity!! We are always in need of opticians and optical technicians as well!

The Special Olympics is an international program of year-round sports and athletic competitions for children and adults with mental retardation. All of the athletes must be at least eight years old to participate. The goal of the Special Olympics Opening Eyes Program is to bring quality vision care to this special population. Our screening consists of visual acuity testing, cover test, extraocular motility testing, pupils, color vision, stereopsis, non-contact tonometry, slit lamp evaluation, and ophthalmoscopy. If the athlete is determined to need glasses, they are given a full refraction with subjective testing. Afterwards all athletes are referred to their local optometrists for full vision examinations, including dilations.

This year's event will take place on the Illinois State College Campus in Bloomington/Normal on Friday, June 6 from 12:00 - 5:00 pm, and Saturday, June 17 from 8:00 am - 5:00 pm. Friends, family, and optometric staff (especially opticians) are encouraged to participate as well. Please help us in making this year's SOOE program as successful as the past five year's!! If you have any questions, please contact Christine Allison, O.D., F.A.A.O., F.C.O.V.D. at (312) 949-7336. You will receive more information as the event draws near, once you have signed up. You may also e-mail any questions to: callison@ico.edu

If you would like to take part in this rewarding experience, please fill out this form by May 15 and mail or fax to:

Christine Allison, O.D.
Illinois Eye Institute
3241 S. Michigan Ave.
Chicago, IL 60616
callison@eyecare.ico.edu
(312) 949-7336
FAX (312) 949-7668

NAME of VOLUNTEER(S):						
TELEPHONE:	FAX:		E	-MAI	L:	
ADDRESS:						
I am available to help on June 17		I can l	help or	n both	days!	
am available to help on June 18	T-shirt siz	ze: S M	L	XI.	XXL	other

31st St.		Illinois College of Optometry
33rd St. 35th St.		
Dan		Parking is available on University, Woodlawn, 57th and the Midway Plaisance.
Dan Ryan Expressway	Indiana AveMichigan Ave.	North Lake Shore Drive
51st St.	in Ave.	Rockefeller
51st St. 51st St. 53sth St.		Morgan Dr. Payne Midway Plaisance
Ojii129		



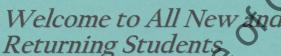
Focal Point

CAMPUSNEWS

ICOlympics!!!

Attention all students, faculty, staff, family and friends. The time has come to show off your competitive spirit. The ICOlympics are just around the corner - Saturday, August 26th at the Illinois Institute of Technology's Morton Park starting at 11:00 am. There will be a variety of competitions,

food, drinks, prizes, t-shirts, medal ceremony and lots of fun. Sign-up sheets for the competitions will be posted in the President's Lounge by the student mailboxes during the week of August 21st (announcements will be made for each class). Remember to bring your family and friends. Join the festivities and be ready for a good time. Any questions please contact Shelby Lalich at ext. 7460



The Student Affairs Office extends a warm welcome to returning and new students of ICO. The Focal Point, the student newsletter, is published bi-weekly by the Student Affairs Office for the entire ICO community. The Focal Point informs students, faculty and staff of items and events concerning the student body.

If you have an announcement or other items wish to include in the newsletter, or if you have scheduled an event, either on or off



campus, please contact Kathy Brownfield in the Student Affairs Office. Kathy also maintains an all campus calendar for reserving rooms and for scheduling events.

President's Welcome Awards Coromony

President's Welcome Awards Ceremony. The program begins at 12:10 pm on Tuesday, August 20th in the Lecture Center. Come and watch the new 1st year class receive their first white lab coats.

First, second and third year students will receive recognition for their awards and scholarships.

Meet your Student Affairs Department

The Student Affairs Office serves as a liaison between students, faculty and administration and acts as an information source for the student body. If students have questions about where to go for particular services, stop by the Student Affairs Office and we will answer your questions. If we don't know the answer we will find out for you and/or direct you to the department who can answer your questions. Information regarding the Focal Point (student newsletter), scholarships,

student leaders, reserving rooms, the master calendar, lockers and replacement ID cards can be found in our office. Students may also schedule appointments with the Vice President for Student Affairs in our office.

Dr. Mark Colip, Vice President for Student Affairs, is responsible for developing and maintaining admissions, student recruitment, residential complex, student affairs, student counseling and enrichment, student financial services, student health service, ICO bookstore, food services, scholarships and awards, commencement and fitness center.

Professional Career Development Services

Welcome and Welcome back from ICO's Professional Career Development Office. My name is Tracy Faulkner and I am the office's counselor. My office is located on the 2nd floor in the Wellness Center.

I look forward to meeting with you. My role is tied to several of ICO's traditions: The Practice Opportunities Symposium held every year in March, and the graduates Commencement Capstone Awards Ceremony, held every year in May.

I am also advisor to the Private Practice Club and the NOSA student organizations. Please join one or both organizations. We need students who have a good work ethic, who are creative and who have new ideas! Most of all, I hope you are able to balance school and devote the time needed to make the organizations more successful.

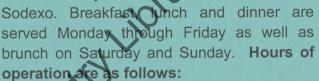
By day, it is my job to assist you in developing your career strategies, specialization interests, interview of preparations, Curriculum Vitae development, providing you with part-time career options via the Part-time Ophthalmic los Board located outside Student Affairs and very soon on the intranet, and to help you prepare for a rewarding career in the optometric profession.

My office utilizes resourceful tools devoted to your success. The Online Placement Program links hiring authorities, mostly O.D.'s and/or ophthalmologists with seekers of opportunities: those "soon to graduate" and our esteemed pool of alumni which is over 8000.

These are just a few of the provisions of my office. I have an open door policy. As long as I am not on the phone or with a student, come on in and if there's anything I can do to help you, I will.

Food Service

Food Service
(located on
the lower level
of Brady
Hall) is
owned by the
college and
contracted by



Breakfa 7 7:30 am - 9:30 am Lunch - 11:30 am - 2:00 pm Dinner - 5:00 pm - 7:30 pm

Prunch: Sat. & Sun. -- 11:00 am - 2:30 pm

Everyone is welcome to dine in the Brady Hall Cafeteria. Other than meal plan participants, purchases will be on a OneCard or cash basis.

College Wellness Service

The College Wellness Service, as a component of the Office of Student Affairs, addresses student health issues in both preventative and curative means. The Wellness Service providers include Shelby Lalich, Jeanne Dougherty and Beth Karmis. While each provider has her own area of operation, a team approach is taken to provide the student community holistic wellness services and programming.

Shelby Lalich, as the Fitness Coordinator, in addition to overseeing the day-to-day operation of the fitness center, provides a plethora of fitness related Personalized services include a variety of fitness assessment protocols, counseling, equipment orientation, workout program design. Community services include a quarterly fitness class program, regular fitness and exercise incentive programs, health-oriented bulletin boards, healthy snack breaks or massage therapy during final exams, biweekly seated massage, and health fairs.

Jeanne Dougherty, MS, APN/CNP, Nurse Practitioner/Institutional Health Officer. provides acute care to our student community. As a primary care provider working in collaboration with a local physician, Ms. Dougherty diagnoses and treats most common acute health concerns, as well as counsels students on prevention and wellness issues. Jeanne provides women's wellness exams and general physical exams for infection control students. education. immunization information, and preventive health programming. Referrals to specialists or care providers off-campus may be warranted. Fees incurred for laboratory services, pharmaceuticals and off-campus referrals are the student's responsibility.

Beth Karmis, M.A., as the Director of Student Counseling and Enrichment Services, provides both psychologica and academic counseling. The psychological and academic counseling services are usually short-term or intermittent to address acute situations or challenges to a student's ability to be successful here at ICO. Referrals to outside services _ provided when appropriate/necessary. Fees for outside services are the student's responsibility. Academic enrichment programming, including utoring services, study skills workshops, and one-on-one sessions are available throughout the year.

Tutoring

Tutoring information will be available and regularly updated. Tutor authorization forms and tutor lists are available on the College's Intranet.

LOCKERS - IMPORTANT INFORMATION

In order to open up more lockers for students and correct our locker sign-up list, we are requesting that all students who are on campus please check their locker number and be sure they are registered with the Student Affairs Office.

If you are a **student on campus** and have a lock on a locker and have not registered your locker with the Student Affairs Office please stop by and sign up by **Thursday, August 31**st. After this date, the locker will become available for commuting first year students.

If you are a student off-campus on externship and have a lock on your locker but did not register the locker in the Student Affairs Office as previously requested, please contact Kathy Brownfield. Kathy can be eached at 312-949-7401 or kbrownfi@ico.edu. Please contact her by Thursday, August 31st with your locker number or the locker will be made available to another student.

Master Calendar

The Student Affairs Office maintains a campus wide master calendar. To prevent scheduling conflicts and to keep the campus community informed of activities, it is necessary that all campus activities (whether they are held on or off campus) are listed on the master calendar. Please contact x7401 fourteen (14) days in *advance* of any activity planned for the College community.

Facility - Lecture Center

Opie Nimon, Chief Engineer

The Lecture Center rooms 1200, 1201, 1202 and 1203 can be configured in several

different ways to accommodate varying group Each room has seating sizes. approximately 160 people each. The room/s can be requested for an event/lecturer by utilizing the room request form in the Student Affairs Office in advance. The Facilities personnel are the only people that are trained and authorized to move the walls in the Lecturer Center. Do not attempt to move the walls and do not ask Security to move the walls. Moving the walls could be extremely dangerous for persons that are unfamiliar with the mechanics of their construction. If you have any questions about how the walls can be configured or occupancy please contact Opie at x7610.

Attendance

Students that anticipate a conflict with their schedule due to religious observances need to register (i.e. date and name of holiday) with the Academic Administration Office to receive an excused absence. You must do this within the first two weeks of each quarter. Even if you registered it in the past, it is still necessary that you register at the beginning of each quarter.

Courtyard

Weather permitting, student organizations are welcome to use the Courtyard for various functions. However, the grass in the Courtyard cannot withstand much traffic. Therefore, you are asked to stay off the grass and are requested not to set tables or other items on it.

Student Mail

By this time the new first year students should have found us, not that we were hiding. The mail room is here for your convenience. The mailroom hours are 8:30 a.m. – 4:30 p.m., Monday thru Friday.

The mairroom sorts all incoming mail by hand and this can be a very timely process. Please, when giving your address to

someone include your box number and/or your year. Here is an example of how your mail should be addressed:

Mr. Jack Frost Illinois college of Optometry 3241 S. Michigan Ave. 1st Year #896 Chicago, IL 60616

By doing this, the mail will be sorted faster and distributed earlier.

Your mail is delivered to your box each day and your packages are kept secure until you pick them up. We will help you to ship your packages and put proper postage on your letters. We use the United States Post Office, United Parcel Service and Federal Express for shipping purposes.

The mailroom can only accept cash and checks as payment for mail or packages. We can not accept credit or debit cards.

Here are a few outdelines to follow when shipping a package.

Make stre that your package is securely wrapped. We can provide you with the materials, paper, tape, bubble wrap, etc., you will need to wrap your package securely.

We are NOT a U.S. Postal facility. It is not possible for the mailroom to insure a package that is sent via U.S. Mail. Any package sent U.S. Mail will not be insured or trackable. If you need these services please use an authorized Postal facility.

- United Parcel Service (UPS) is trackable and automatically insured (\$100). You can add insurance to any package that is worth over \$100., for an additional charge.
 We can provide next day, second day, three day select and regular ground service. Payment is expected at the time of shipping.
- Federal Express services are also available from the mailroom, next day and second day. We can not accept Federal

Express Ground. Federal Express costs are charged directly to your student account.

- United Parcel picks up between 2:00 & 2:30 every weekday. Packages must be in the mailroom no later than 1:45 for shipment that day.
- U.S. Mail is picked up at 3:30, every weekday. Please have all mail and packages to the mailroom no later than 3:15.
- Federal Express is picked up between 3:30 and 4:00 every weekday. All packages should be brought to the mailroom no later than 3:15.

If you have any questions or concerns please stop by the mailroom or call X7085 or 7087. We are here to help.

The Mailroom is a secure area. Access is allowed only to authorized staff and workstudy students.

At the time of Orientation all students will receive a mailbox key, Please keep this key with you when you are at school. You will need the key throughout the day to access your mailbox. If you lose your mailbox key please see the cashier to pay a \$5.00 charge for a new key. Take your receipt to the Security Office, they will order your new key. Daisy Varkalis X 7085 and Diane Altman of X7087

Rules and Regulations to be Aware of:

New Student Guide

You will receive a copy of the 2006 Student Guide during the first week of classes. Copies are available in the Student Affairs Office. It is your responsibility to be familiar with procedures and policies contained in the Student Guide.

Use of Alcohol at ICO

Student organizations may not use alcoholic beverages in the educational, clinical,

recreational or other facilities at ICO, unless the Vice President for Student Affairs (Dr. Mark Colip) gives permission. Such permission (i.e. BlindSpots) may periodically be granted to student organizations that have completed a Facilities/Fund Raising Request Form.

Facilities/Fund Raising Request Forms should be completed and approved at least fourteen (14) days before any meeting at which alcohol is desired. If alcohol is served at an event, gross/net receipts must be reported to the Student Affairs Office for compliance with City of Chicago ordinances.

Smoking at ICO

Please note that ICO is a smoke free campus. Smoking is prohibited in all campus facilities, including the Residential Complex, stairwells and entryways.

Parking

The parking spaces in the main entrance are for College visitors.

Students are reminded that parking their cars in the "circle" (Indiana entrance) for any reason subjects their car to towing.

Student and staff are not allowed to park in the IEI parking lot.

Please drive carefully while in the parking garage! Mirrors have been installed for your safety; however, it is important that we drive slowly. Also, be sure to park your vehicle between the painted lines.

Street Parking

Please be reminded that on Wednesday, parking is prohibited on the West Side of Indiana Avenue and Michigan Avenue.

On Thursday, the East Side of

the street is closed until 9:00 a.m. due to street cleaning. You will be ticketed if you are parked during cleaning hours. Always read the street signs in Chicago!

Student I.D. Cards to be Worn at all Times

The I.D. card is used to identify students on ICO and IIT campuses and is used to check out equipment or books at ICO. Photo Identification Cards are



issued to all students. Your I.D. number throughout remains the same your at ICO. professional schooling identification cards are issued to all students and must be prominently displayed at all times while on college property. The front desk staff will check to make sure all students and staff are wearing their I.D. badges when they enter the building. If a student is not wearing a badge and does not stop at the front desk, Security will be notified.

Patients and those with them will be issued dated visitor tags. Each student should make it his/her responsibility to assist anyone seen in the halls without a badge. Either have them identify themselves, remind them to put on their badge if recognized, or notify Security immediately. For students, staff and faculty, a temporary badge will be issued from Security if the badge is forgotten.

If you lose your I.D. card, please notify the Security Office immediately. A temporary I.D. will be issued. The I.D. card replacement fee is \$25. An application to purchase a spouse I.D. card may be obtained from the Student Affairs Office. The fee is \$5.00 to be paid at the ICO Cashier. The application and receipt needs to be submitted to the OneCard Office, Room 1013, in Brady Hall.

Computer Support Procedures

Ahmed Mohammad

IS contact procedures

Phone calls or worse mail to x 7500 or email to support@ico.edu are the expected methods for contact the support team with a problem.

medium or high priority request. To properly prioritize your problem or request, please be as descriptive as possible by describing the problem, workstation location and person to contact along with their extension. Press 1 for normal priority messages or press 2 for major system emergencies. If option 2 is selected, calls will be forward to x4500 and the person on-call will be paged.

2. System Support Email: a. Non-emergency priority problems, or requests such as installing new software, hardware, etc., can be sent via email to support@ico.edu. The email should be as descriptive as possible, including the problem, workstation location and person to contact along with their extension.

Tech Tips

Sort month and day names chronologically (Excel 97/2000/2002/2003) www.Newhorizon setips.com

If you sort data based on a column of month or weekday names. Excel sorts the data alphabetically. Chances are you'd rather that it sort the information in chronological order. Fortunately, it's easy to do so:

- 1. Select any cell in the column of month or weekday data.
- 2. Choose Data | Sort from the menu bar.
- Click the Options button.
- 4. Select the appropriate custom list using the First Key Sort Order dropdown list.
- 5. Click OK on the open dialog boxes.

Display and print out formulas in Excel (2003)

Have you ever wanted to inspect your worksheet formulas on paper but couldn't figure out how to do so? Select Tools | Formula Auditing | Formula Auditing Mode from the menu bar. The hidden formulas will appear right on your sheet. Now, all you need to do is click Print as you normally would to see your formulas in hardcopy form.

1. Rome Request: Contact x 7500 for a

Matthews ICO Bookstore Hours

Monday - Friday 9:00 am - 5:00 pm

Bulletin Boards

Interested in posting a notice on the appropriate bulletin board? Interested in locating an item or event of interest? Use the following index for locations containing bulletin boards designated for a particular use:

AOA-PAC - outside the Bookstore **Campus event calendar** - glass case outside Room 1200 (see Kathy in Student Affairs to get events posted)

Class Schedules - column outside the Student Affairs Office

Financial Aid - outside the Financial Aid Office

1st year academic related information outside Room 1200

For sale items - above mailboxes
Housing (off campus) - President's Circle
Lounge/Mailroom or in a binder in the
Student Affairs Office

Jobs - column outside the Student Affairs Office (off campus), Financial Aid Office (work-study)

Note Service - south wall at library entrance

RC resident information RC entrance Student Association news, etc. -

President's Circle Lounge

Schedules and Quarterly Dean's List column outside the student Affairs Office

2nd year class outside Room 1201

Social activities - mailbox area,

President's Circle Lounge and class bulletin

Special events board - outside mailbox area and President's Circle Lounge
SVOSH - outside the Bookstore

3rd year class - outside Room 1202 (upper west entrance)

Study Areas

There are several study areas located on campus designated for studying. Applicable locations and hours are

given:

Library

Monday - Friday 8:00 am - midnight 9:00 am - midnight Sunday 10:00 am - midnight

Brady Cafeteria

Monday - Sunday 7:30 am - 3:00 am

President's Circle Lounge (Mail Foyer)

Monday - Sunday 24 hours

Laboratories

Monday - Friday 5:00 am - 11:00 pm Saturday - Sunday 1:00 pm - 6:00 pm *Pre-clinic Laboratory has special hours and usage guidelines see your instructor or Dr. Baker.

Lost and Found

The lost and found area is located in the Security Office on the second floor above the main entrance. Personal belongings and equipment should be covered by personal insurance policies of students or their parents (homeowners). Students are urged to permanently mark all equipment and personal belongings. The College is not responsible for the loss of personal property.

Student Organizations

All student organization leaders need to submit a list with box number, phone numbers and email address' of their newly elected officers for 2006-2007 to the Student Affairs Office as soon as possible.

SA Events

Save the Date

Get ready to kick off the school year with some fabulous events!

Friday, September 8th: Student Association Blindspot

Get a start on your weekend, relax with your colleagues, and save some room for pizza and adult beverages!

Sunday, September 17th: Golf OutingBrush up on your chip shot and practice your putt so you can be par for the golf course!

Friday, September 22nd Casino Night
Feeling lucky? Try your hand at the casino
table and if you play your cards right you just
might hit the jackpot!

Saturday, October 14th: Boo Bash Lions and tigers and bears, oh my...OH YES! Start planning your costumes and start planning for a frightfully fun time!

Special Olympics Vision Screening

United Center September 21st, 2006

The Medfest Special Olympic Vision Screening is quickly approaching. We expect this year's Medfest to be even bigger and better. We appreciated all your time and help last year and hope to see you this year September 21st.

The Special Olympics Lions Club International Opening Eyes (SOLCIOE) Vision Program was created in response to the fact that people with developmental disabilities need quality vision care, but often happno access or are denied treatment. Participants will receive a comprehensive vision and eye health screening. Those failing the screening will be refracted and fitted with a free pair of prescription eye glasses and/or sports goggles.

The SOLCIOE will be providing vision screenings on September 21st from 8:00am to 2:00pm Chicago, IL at the United Center.

We need as many optometrists, opticians,

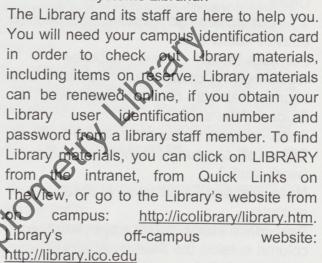
students, family/friends as possible to volunteer their services. Every volunteer who has participated in the SOLCIOE Program has found it an invaluable learning and growing experience.

Please help us in making the SOLCIOE Program a success again by volunteering! If you are interested in participating in any way, please contact Melissa Sigler, OD at 815-577-6410 or mrsig91@aol.com. or msigler@ico.edu. Please respond by September 10th.

Sincerely, Melissa Sigler, OD (SOLCIOE Illinois Clinical Director)

Spotlight on the Library

by Kathryn Johnston
Information Systems Librarian



Library provides links to many full-text articles from our website under "Full Text Sources." Some of these journals require you use a password. They are listed on the "Full Text Sources" website under click here.

The Library provides links from PubMed and FirstSearch that indicate whether ICO owns a particular article or book if you access PubMed and FirstSearch from the Library website. If the article is available online through ICO, you can click on the tag and see the online text directly.

Duane's Clinical Ophthalmology is now online from the Library's website under "Full Text Sources." The online version will be the most up-to-date as they are no longer printing Duane's on paper. Will's Eye Manual is online as well.

Circulation Policies	Time	Overdue Fine
Books (including fiction,	4 weeks	\$1.00/day
audio cassette tapes),	of tinit a	g 1914 Throy m
Videocassettes, CD-	1 week	\$1.00/day
ROMS, and DVDs		
Journals and	24 hours	\$1.00/day
magazines		
Digital camera/laptop	24 hours	\$1.00/day
computer/calculators		
Library study rooms	4 hours	
Reserve books and	3 hours	\$1.00/hour
articles, slide tape		
programs	olf rieg	

The Library welcomes our new Serials Librarian, Sarah Morris. Please stop by the Library workroom to introduce yourself.

The Library does employ student workers, mostly for evening and weekend hours. Please contact Sarah Morris in the Library workroom if you would like to apply for a position.

Photocopiers/Printers/Scanners

- Black and White Printing and Photocopying with card: \$.08
- Black and White Printing and
 Photocopying with cash: 10 (2nd floor only)
- Color Printing and Photocopying with card: \$.40 (1st floor only)

The coin-op las been moved to the second floor copie. The coin-op accepts \$1 bills for making copies. This does NOT add value to your Rollar card.

The College has put \$25 on the cards of firstthird year students, and \$10 for fourth years in a copier/printer account for each student for the coming year. The color copier/printer's default is B&W. You must manually change the print preferences to print in color. The preferences also allow you to have the pages automatically hole-punched or stapled. Any money left from the Library's card account will be deleted at the end of the school year. The library staff STRONGLY recommends that you use print preview before printing so that you know exactly what you will get for your money.

Both the 1st and 2nd floor photocopiers also can be used as scanners. Please ask Library staff for a lesson to scan text or images.

Good luck in the new school year! We look forward to seeing you in the Library!

At Home in Chicago

Mayor Daley is announcing two exciting events, called "At Home in Chicago", that would be of interest to Illinois College of Optometry staff.

On Saturday, September 30 the City is hosting the first-ever **Historic**

Chicago Bungalow and Green

Home Expo at the Merchandise Mart, where current owners of bungalows and other homes can meet with more than 100 vendors and attend workshops on preservation ideas as well as environmentally-friendly products and services.

On Saturday, October 7, the City will hold the first-ever **Cavalcade of Homes** Chicago, offering tours throughout the day of homes for sale in neighborhoods across the city possibly of greater interest to first-time buyers. Participants will also receive information about mortgage products offered by the City to help make their home purchase even more affordable.

Julie HamosMK Communications, Inc.312-822-0505 phone312-822-0568

faxjhamos@mkcpr.com

CLASSIFIEDS

TA's Needed

We would like to request TA's for the Fall quarter Binocular Vision Disorders Treatment Lab. The lab times are Mon, Tues, Wed, Thurs 9-12 and Wed pm 1-4. Anyone interested should contact Dr. Allison at X7336

Looking for Work Study??

Suite Technician -Wed 8:45 - 11:30 am Suite I and II Wed 12:45 - 4 pm Suite I Thu 8:45 - 11:30 am Suite II Fri 8:45-11:30 am Suite II Sat 8:45 - 11:30 am Suite I

Calling/Recalling Patients-

Mon - Fri - any 3 hour time block

Front Desk Assistant-

Mon 9-11 am Tue 9-11 am, 4-6 pm Wed 9-11 am, 1-3 pm Thu 9-11 am Sat 9-11 am

Please contact me if you have questions or are interested in a position Dr. Rozwat at x7179 or arozwat@ico.edu

Human Anatomy TUTORS!

I am looking for students who have an interest in being **tutors** for the Human Anatomy Course (Lecture and /OR Lab). **YES**, you could just tutor the lab material, if that is your preference. To be eligible to be a Human Anatomy Tutor you need to have:

- 1. Cumulative GPA of 3 or higher and received a grade of B+ or higher in the Human Anatomy Course.
- 2. Must be willing to answer the students' questions & actually quiz the students on the material and not just point out areas to study. If interested, please contact Beth

Karmis (BKarmis@ico.edu; x7415) at your earliest convernience.
Thank you in advance!

Illustrators Needed!

I am looking for some good illustrators for my Ocular & Human Anatomy Courses (I still have a few figures to redo). Do you like to draw and do it well? Have a little Frank Netter in you? Have a flair for original drawing? Drew for me in the past?

If interested please contact me (x7180; RTrachim@ ico.edu) at your earliest convenience! You can have fun and help me out at the same time! Thank you in advance!

Work Study Needed

Biomedical services needs student worker for equipment repair. No experience necessary. Andy Fabrizius – ext. 7190
Manager Biomedical Services

Workstudy Position

The Student Affairs Office has work study positions available on Monday mornings, Tuesday and Thursday afternoons, and Friday all day. The job is for an applicant who is detail orientated and proficient in Microsoft Compoter programs. Students must dress in clinic attire and responsibilities include sceeting applicants, conducting campus tours for counseling appointments and visitors, answering phones, and various clerical duties. Interested students can contact Sharon Uher in the Student Affairs Office, x 7405 or suher@ico.edu.

RESIDENCIES

*For more detailed information regarding residencies, please stop by Student Affairs. All residency information is located in the cabinet on the South Wall.

SCHOLARSHIPS

For all scholarships and fellowships, please stop by the Student Affairs Office for more information! All scholarship information can be found in the 3rd drawer of the cabinet on the South wall.

Scholarship	Who's Eligible	Amount	Deadline
Manitoba Association of Optometry A. H. Basman, O.D. Scholarship	Manitoba ResidentsAll Four Years	\$1,000	September 28, 2006
Acorn Equality Fund And The Luke Award	 Academic performance Volunteerism Gay, lesbian, bisexual, or transgendered Downstate Illinois (any county except Cook, DuPage, Grundy, Kane, Kendall, Lake, McHenry and Will) 	\$500 to \$2,500	October 6, 2006

The Student Affairs Office has more information, so stop by and check it out

FITNESS CORNER

Fall Group Fitness Classes

The fall group fitness classes will begin Monday, August 21. All classes are held in the gym and are free to students, faculty and staff. Please check the bulletin board outside the gym for the schedule and class and descriptions.

Making Strides Breast Cancer Walk Sunday, October 15

Breast cancer is not just a women's issue. It could affect any one of us- or mothers, sisters, or friends. Americal Cancer Society researchers are studying vaccines, genes, and the environment in the search for answers Join ICO's team as a walker or contributor, and help keep this disease from taking the lives of those we love. Call or e-mail Shelby Lalich at X7460 for slalich@eyecare.ico.edu for details

Massage Therapy

Do classes have you stressed already? Are you sore? Do you have a chronic

injury such as carpal tunnel syndrome, shoulder impingement or low back pain? Try a seated massage.

Sharita Davis a certified massage therapist, provides massage at ICO. Sharita's extensive training qualifies her to work on you for problems ranging from simple stress reduction to more complex musculoskeletal problems. Table massage clients remain fully clothed, and no oils are used.

Cost is \$10 per 10-minute sessions, and gift certificates are available. Carol is oncampus every other Wednesday. Please call Shelby at x7460 for further information, to schedule an appointment, or to purchase a gift certificate.

The next sessions will be Wednesday, August 23.

FREE Personal Training

Are you interested in lifting weights but don't know where to begin? Perhaps your workouts are getting stale, and you'd like some new ideas? Maybe you're more

motivated when you have someone telling you what to do next?

The ICO Fitness Center offers FREE personal training. Our trainers are available on an appointment-only basis to provide one-on-one training sessions. Please feel free to drop a note to any of our trainers, and they'll contact you ASAP—just don't forget to leave your full name, phone number, and preferred training time(s).

YOUR TRAINERS ARE				
Donnie	Box 46			
Hager				
Chris Pavone	Box			
	220			
Emily Pott	Box			
	246			

FREE Fitness Services

The ICO Fitness Center offers the following fitness services: body analysis, fitness assessment, equipment orientation, flexibility analysis, general

fitness

and consultation. workout program design.

igitized by Illinois College

For further information or to schedule an appointment, please call Shelby at x7460.

Local Walk

BodyParts Fitness Foundation will host its annual Bronzeville/South Loop 5k Family Fitness Walk on Saturday, Sept. 23, 2006 from 9:30am-1:30pm. The walk starts at the host site on 2120 S. Michigan Ave., called the Willie Dixon's Blues Heaven Garden & Museum, heads northeast to Soldier's Field walkway to the lakefront, south to 39th and turns around. The event also will include basic health screening, snacks, entertainment (blues band) and raffle prizes. Vendor booths and business sponsorships are available. Registration until Sept. 09, is \$2 for kids, \$5 for teens, \$8 for seniors, and \$10 for adults. For those not registered, the dayof-event cost is \$12. CANTV 21, 27 & 42 will feature BodyParts Fitness during the month of Sept. (Call 312.437.7044 or 773.509.6842 or og on: www.ideatrainers.

com/ceciliabrantley more information.

NEW YEAR! NEW YOU! HEALTH AND WELLNESS FAIR

The start of the new academic year provides us the opportunity to make a fresh start in all areas of life! The Wellness Team has put together a health fair offering tools to help begin a healthy and happy year.

Thursday, August 31 11:00 am - 1:30 pm. Courtyard (weather permitting)

	What you can expect to see
	Important information about how to enhance wellness Cholesterol and blood sugar screenings Blood pressure checks Body composition analysis (*4 hour fast for this one – no food, caffeine or exercise prior) "Get Out of Pain" screenings by Michelle Kluth, D.P.T. from Sports+Ortho Physical Therapy Massage Therapy – Sharita Davis, Centified Massage Therapist, will be providing complimentary massages for new clients to 'sample' her technique. Making Strides Against Breast Cancer T-shirt and Bracelet Sales Healthful snacks Games and raffles Cut out this ticket to be entered into a special "I read the Focal Point" raffle during the Fair
	× CO
	EW YEAR! NEW YOU! FAIR RAFFLE TICKET
	Name
	I am a □ Student □ Faculty □ Staff
8	Best way to contact you
oight Zec	13
Appropriate National Control of the	

FALL QUARTER FITNESS CLASS SCHEDULE

Begins August 21, 2006

Monday	Tuesday	Wednesday	Thursday	Friday
12:15 - 1:15 pm		12:15 - 1:15 pm	12:00 - 12:45 pm	
Total Body		Athletic	Pilates Mat	
Strength		Conditioning	Shelby	
Shelby		Shelby		
4:30-5:30 pm		4:30-5:30 pm	6:00- 7:00 pm	
Hatha Yoga		Hatha Yoga	Yogalaties	
Dr. Zoltoski		Dr. Zoltoski	Kristie	

Class Descriptions:

Athletic Conditioning: Keep yourself moving with a ternating segments of strength training and cardio--all levels are welcome, but be prepared for a challenge!

Hatha Yoga: Feel and experience yoga in its most physical aspect increasing strength and stamina through every pose. All levels welcome.

Pilates Mat: Pilates uses breath work and slow executed movements to strengthen the core muscles—abdominals, glutes, lower back, and hip flexors. It also lengthens the spine, strengthens and elongates muscles, and increases body awareness and flexibility. This class uses a building block format.

Total Body Strength: Get a total body workout using free weights, tubing, stability balls, BOSUS and exercises for the core!

Yogalaties: A class combining elements of Pilates and Yoga to help strengthen the mind and body.



Focal Point

Golf Outing

Everyone is invited to 2006 Student Association Golf Outing. This year the event will held at Indian Boundary Golf Course on Sunday, September 17, 2006. The course is approximately ICO; minutes from driving directions will be provided.

for that is all there is of you. Ralph Waldo Emerson (1803-1882)

Make the most of yourself,

Friday Conference 3rd and 4th years

Dr. S. Messner

pleased am announce that we will have an addition to our conference Friday schedule. Mindy Dr. guyen, ICO '05 and new faculty member in Primary Care and Contact Lenses,

offered to provide 4 review sessions for the Patient Assessment and Management portion of NBEO III. This should particularly useful, as that section of the exam can be challenging.

These sessions will be interactive, using a "Jeopardy" format. I think that you will find them to be enjoyable as well as informative. These sessions will focus on ocular disease. but you need to keep in mind that the PAM covers other topics as well, including refraction/ophthalmic materials, contact lenses, binocular vision and low vision.

The PAM reviews will take place immediately following Grand Rounds on the following dates:

9/22

9/29

10/6

The fourth session will take place following faculty evaluations and Clinical Skills exam

The cost of participation has been set at \$40 per person; this will cover your round of 18 holes, two golf carts per group of four, a hot dog and beverage at the turn, and a BBQ Buffet at the end of the day. Tee times will begin at Noon.

If you are interested in participating, please respond to this email with your name and the members of your foursome as soon as you

are able. Payment for the event can be made by check, payable to the ICO Student Association) or cash to ICO Box #164.

We hope to see you there! lana Dwusu

resident

The next Focal Point will come out September 22, 2006. The submission deadline September 20.

review on the last Friday of the quarter (Nov. 3). You should anticipate being here until 5:00 pm on each of these dates.

Since these sessions have been added after the conference schedule was published, I will excuse anyone who has a scheduling conflict (for example, airplane tickets that require you to leave for the airport before 5:00, Drs. appointment, job, or similar circumstances). Please let me know in advance if you have such a conflict.

I am very happy to be including Dr. Nguyen in the conference series. Please join me in welcoming her back to ICO.

Toric CL Workshop

3rd & 4th years don't forget to sign up for the October 8th Soft Toric CL workshop! Sign up is posted on the 3rd year board outside the upper entrance to 1202! Questions? Contact mmisko@eyedoc.ico.edu or ebush@eyedoc. ico.edu

Faculty Publish Article

Drs. Yi Pang and Dominick Maino recently published a review article in Optometry and Vision Development with two of Dr. Pang's colleagues from China. The article entitled, "Myopia: Can it's Progression be Controlled?" reviews both western and Asian approaches to decreasing the development of myopia. The full reference is: Pang Y, Maino D, Zhano G, Lu F. Myopia: Can it's Progression be Controlled? Optom Vis Dev 2006;37(2) 13-79.

Wellness Center News

ICO's current Nurse Practitioner, Ms. Jeanne Dougherty, has indicated that her last day at ICO will be Friday, Settember 8th. She plans to pursue an opportunity with Take Care Clinics in their new venture with Walgreens Drug Stores and we wish her well. We anticipate there will be a period of time Student Wellness will not be staffed as we seel to identify the best course moving forward. During the interim you will need to

identify health care resources outside ICO's Student Wellness Service. The work-study staff can provide referral contact information and copies of your medical records. We highly recommend that you consider utilizing ACCESS Community Health Care, they operate a physician-staffed primary care clinic within the IEI. ACCESS accepts most insurance plans and they have a sliding fee scale for uninsured patients. ACCESS will schedule appointments in advance by calling 312/949-7770, or walk-in visits may be possible by inquiring at the IEI reception desk. We ask in advance for your patience during this period of transition. We will do everything possible to make this interim short. If you have questions or concerns please contact the Wellness Center.

Dr. Colip

New Year, New You Wellness Fair Follow-

Up

From the Wellness Team—Beth Karmis and Shelby Lalich

Thanks to everyone who came out to the Courtyard last Thursday to partake in the "New Year, New You"

Valmess Fair. It was a beautiful day in spite of the bees!

Special congratulations go out to the winners of the fitness endurance challenges. In the "60 Second Sit Up Challenge" Michelle Zickel and Emory Chen completed 68 and 69 respectively. For the "Push Up Challenge", Nicole Henriksen and Steve Gutierrez left the rest of us in the dust!

We hope you enjoyed the programming offered and we welcome suggestions for upcoming wellness events. If there are topics or events you'd like to see, please contact any one of us.

Tutor lists available for 1st and 2nd year courses

The fall quarter tutor lists and tutor authorization forms are now available on the intranet at http://intranet.ico.edu/counseling/ or in the paper format outside the Counseling & Enrichment Office (2721, directly across the hall from Student Affairs/Registrar's Office).

System Shutdown

In preparation for the installation of the new SAN (storage area network) hardware, we will be shutting down the following servers/systems on Thursday September 14th beginning at 5:00 PM.

GroupWise - email

Telecom Web Page - phone directory

SIRSI - library systems

Focus - internships/externships web sites

Citrix - remote access

Uvea - domain controller

Zeiss - imaging for IEI

Portal - theview/LMS web sites

Equitrac - pay for print services in Library and computer labs

This shutdown will last approx. 3 hours during which the rest of the network will remain in operation (logins, network drive/file access, ICO/IEI printing, Compulink, IDX, etc). The affected servers will be brought back into service as soon as possible and tested to insure all services have been restored. The network team will be on-site until the work is finished. Please contact John Silbert if you have any concerns with this scheduled work or check the IS Status Line 17501 for current information on the affected systems.

George G. Ahlenius

Did You Know

Dr. Colip

Sports Eye Health and Safety Awareness Month

September Sports Eye Health and Safety Awareness month to educate the public on how to make sure their eyes are safe while playing sports. According to the American Academy of Ophthalmology, there are 40,000 sports-related eye injuries every year. And the Consumer Product Safety Commission

estimates that there were more than 2,400 eye injuries from swimming alone in 2005.

Severe injuries can result in vision loss and in some cases, blindness. Wearing proper eye protection can prevent up to 90% of all sports-related eye injuries. Prevent Blindness says lenses should be made of polycarbonate material and have an American Society of Testing Materials (ASTM) label indicating they meet the standards for that specific sport.

Radiation injuries can also occur from extended exposure to sunlight, making proper protection from UV radiation important as well. Prevent Blindress suggests goggles with UV protection be worn during skiing, snow boarding, water skiing and other water sports.

Ocular Features of West Nile Virus

this case series present the ocular findings of West Nile virus (WNV) infection in North America between 2002 and 2005. All participants underwent complete ophthalmic evaluation during each examination, including best-corrected Snellen visual acuity measurement, tonometry, slit-lamp biomicroscopy of the anterior and posterior segments and dilated fundus examination ophthalmoscopy. with indirect Fundus photography and fluorescein angiography were also performed on all eyes. Relevant ocular findings associated with WNV infection recorded and tabulated. characteristics, frequency, and locations of ocular lesions found in participants' eyes were recorded.

There were 14 eyes (seven patients) with ocular WNV lesions from 2002 to 2005. Average patient age was 58.4 years (range,

32 to 85 years). Ocular findings in descending order of frequency included multifocal chorioretinal target lesions in 12 eyes (85.7 percent), retinal hemorrhages in seven eyes (50.0 percent), vitritis in six eyes (42.9 percent), chorioretinal linear streaks in four eyes (28.6 percent), perivascular sheathing and vasculitis in four eyes (28.6 percent), narrowed retinal vessels in four eyes (28.6 percent), disc edema in four eyes (28.6 percent), optic atrophy in two eyes (14.3 percent), vascular occlusion in two eyes (14.3 percent) and sixth nerve palsy in one eye (7.1 percent). Peripheral fundus lesions were found in all 14 eyes (100 percent), whereas posterior fundus lesions were found in eight eyes (57.1 percent). Five patients (71.4 percent) were diabetic. Diabetic retinopathy was present in seven eyes (70 percent).

Multifocal choroiditis is the most common ocular manifestation associated with WNV infection, with a typically benign clinical course. Less frequent ocular lesions, including optic neuritis and occlusive vasculitis, frequently induce persistent and likely permanent visual deficit. Diabetic patients and those older than 50 years are more vulnerable to the more severe features of WNV infection, including more serious ocular lesions.

SOURCE: Chan CK, Limstrom SA, Tarasewicz DG, Lin SG. Ocular features of West Nile Virus infection in North America: A study of 14 eyes. Ophthalmol 2006; Jul 19 [Epub ahead of print].

Tech Tips

Ahmed Mohammad

How to Change an email to an appointment in Groupwise.

- 1) Double click on an emai
- 2) Click on edit
- 3) Click on "Change to" and select appointment.

Groups

Here re the most commonly used public groups in Novell GroupWise Novell address

book:

Group name- Group Members
Everyone- faculties and staff only
Allstudents-All ICO students
07students-All students graduating year '07
08students-All students graduating year '08
09students-All students graduating year '09
10Students-All Students graduating year '10
Faculty - ICO faculty

ICO Phone Tip

How to automatically call the sender after listening to a message?

After listening to the message, press 9 to call the sender

SA Events

Friday, September 8th: Student Association Blindspot In the Courtyard at 5pm

Get a start on your weekend, relax with your colleagues, and save some room for pizza and adult beverages!

Sunday, September 17th: Golf Outing
Brush up on your ship shot and practice your putt so you can be par for the golf course!

Friday, September 22nd Casino Night Feeling lucky? Try your hand at the casino table and if you play your cards ight you just might hit the jackpot!

Saturday, October 14th: Boo Bash

Lions and tigers and bears, oh my...OH YES! Start planning your costumes and start planning for a frightfully fun time!

Special Olympics Vision Screening

United Center

September 21st, 2006

The Medfest Special Olympic Vision Screening is quickly approaching. We expect this year's Medfest to be even bigger and better. Hope to see you this year September 21st.

The SOLCIOE will be providing vision screenings on September 21st from 8:00am to 2:00pm Chicago, IL at the United Center. We need as many optometrists, opticians, students, family/friends as possible to volunteer their services.

If you are interested in participating in any way, please contact Melissa Sigler, OD at 815-577-6410 or mrsig91@aol.com. or msigler @ico.edu. Please respond by September 10th.

Sincerely, Melissa Sigler, OD (SOLCIOE Illinois Clinical Director)

Spotlight on the Library

by Kathryn Johnston
Information Systems Librarian

Book Sale

The Library will be selling discarded or unneeded donated books at our book sale on Monday, September 11, beginning at 10:00 am. The sale will close Friday, September 15th. Books are \$1.00 a volume. Check out the bargains.

Poster

The Library is displaying the following poster: "A Comparison of Three Visagraph Profiles: Reading, Numbers, and Visual Skills," by Darrell G. Schlange, O.D. Please contact D. Schlange for more information about his research.

Visioncite

The Library has created a prique database in our online catalog called visionCite. For over twenty years, the library staff has entered the article information and subject headings on all the eye-related articles that are in the Library's magazines and journals. There are now over 218,000 citations in VisionCite on all aspects of vision, eye disease and care, visual problems and related areas.

When you search iLink (our online catalog) at our on campus website at

http://icolibrary/library.htm, you can see both our books and all these article citations. Books have a call number like in the first entry; the second is a VisionCite article.

Detail<u>s</u>

RC280 .E9 075 2004 2005

Orbital tumors : diagnosis and treatment

Karcioglu, Zeynel A.

New York: Springer, c2005.

1 copy available at Shepard Library-Illinois College of Optometry in

Details

VISIONCITE ARTICLE 2005

Ohtsuka

STACKS

K

A review of 244 orbital tumors in Japanese patients during a 21-year period : origins and locations / Kenji Ohtsuka.

Jpn J Shthalmol Japanese Journal of Ophthalmology 0021-5155 2005 dan, 49(1): 49-55.

copy available at VisionCite

Database in PERIODICAL

pubMed does NOT cover many optometry journals or journals relating to contact lenses or practice management. For most topics, it is important to search both VisionCite AND PubMed in order to find all of the needed articles. VisionCite has another advantage—all the articles listed are available in the ICO library in paper or online. From our campus website, click on Full Text Sources to see which ones can be accessed also via the Internet.

VisionCite is available off campus as well at http://library.ico.edu but requires a password to search the database. Please contact a library staff member for a VisionCite lesson or to obtain your off-campus VisionCite user id and pin. (The user ID and PIN are also useful for renewing books from home.)

Photocopier/Printer

The Library's first floor copier (Ricoh-Color) can do color printing for 40 cents. Black and white printing AND copying cost 8 cents. If you do want to do color printing, please change the print properties before you send the job to the printer. Click on the PROPERTIES box by the printer name, and then at the bottom, change the setting from "Black and White" to "Color."

It also is possible to instruct the Ricoh-Color and the 2nd Floor printers to automatically hole punch, print on double sides (duplex), or staple your print jobs from the PROPERTIES box options.

The copiers can also be used as scanners without charge.

Choose Global scan.

Type in User Name and Password (the same user id and PIN used for logging on to Library computers)

Edit the Class year in the Context field (the default is the Class of 09)

Press Login...

arch and desired last incresses.

attings, and then File DF, Word, or TIF formated item by pressing State when done with the item, as Logout when finished.

LEASE CONTACT A LIBRARY SENTENDENT OF THE PROPERTY OF THE PROPERT Type in the desired email address under Manual, or click on search and type in the first three letters of the desired last name, to bring

Press Scan Settings, and then File Format to

Press # when done with the item, and then

Item Return

Please place returned library materials into the slot on the first floor circulation desk. If the item is too big or fragile, please hand the checked-out item to a staff member directly.

AV Equipment

Students may borrow laptops, camcorders, digital cameras, and other electronic equipment from the second floor media desk. AV equipment can be borrowed for 24 hours unless special permission is obtained.

CD-ROMS and DVDs

Some of the Library's DVDs and CD-ROMs are being shelved in the front of the Library by the entrance in kiosks or display cases. All may be checked out for one week at a time.

CLASSIATIEDS

Work Study

Work Studies need in Optical Services on the Third floor. Call Helen Trojanowski, at ext 7273 if interested.

EN ΙD

residencies, please stop by Student Affairs. All residency information is located in the cabinet on the South Wall.

SCHOLARSHIPS

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Acorn Equality Fund And The Luke Award	 Academic performance Volunteerism Gay, lesbian, bisexual, or transgendered Downstate Illinois (any county except Cook, DuPage, Grundy, Kane, Kendall, Lake, McHenry and Will) 	\$500 to \$2,500	October 6, 2006
Dr. Leslie Mintz Scholarship Foundation	Intent to practice in NJ Legal address in NJ	\$1,000 to \$2500	November 30th
Alcon 4th Year Optometry Student 2007 Scholarship Award – Case Study	 4th year Optometry Student Write a case report that incorporates the use of any Alcon product 	\$1,000 for each school's winner (National winner is \$5,000)	January 31, 2007 to Student Affairs Office

The Student Affairs Office has more information, so stop by and check it out

FITNESS CORNER

Making Strides Breast Cancer Walk of Sunday, October 15

Breast cancer is not just a women's issue. It could affect any one of us- or mothers, sisters, or friends. American Cancer Society researchers are studying vaccines, genes, and the environment in the search for answers. Join ICO's team as a walker or contributor, and help keep this disease from taking the lives of those we love. Call or e-mail Shelby Lalich at X7460 or slaich@eyecare.ico.edu for details.

Massage Therapy

Sharita Davis, a certified massage therapist, provides massage at ICO. Sharita's extensive training qualifies her to work on you for problems ranging from simple stress reduction to more complex musculoskeletal problems. Table massage clients remain fully clothed, and no oils are used.

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YOUR TRAINERS A	ARE
Donnie Hager	Box 46
Chris Pavone	Box 220
Emily Pott	Box 246

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Tomatoes

Did you know that tomatoes are one of the best sources of health-promoting

Convionutrient carotenoid known as 1xcobene? Lycopene is the natural pigment found in tomatoes that gives them their characteristic deep red color Lycopene has been one of the bottest topics of phytonutrient research in past five years. Its powerful antioxidant protection has been credited not only for its ability to help reduce the risk of prostate, breast, endometrial and breast cancer, but also hardening of arteries, one of the primary causes of heart disease! Add a few tomatoes to your salad or select a marinara sauce for your pasta, and don't forget the extra virgin olive oil. The latest research shows that the fat-soluble carotenoids found in foods (alpha-carotene, beta-carotene, betacryptoxanthin, /zeaxanthin. lutein lycopene and others) are best absorbed when consumed with a little fat or oil.

FALL QUARTER, 2006/2007 EXAM SCHEDULE

REVISED 8/25/06

	ALL QUIZZES ARE GIVEN AT	8:00-8:50 AM UNLESS OTHERW	ISE INDICATED
		OU WILL BE TAKING THE TEST. IT IS I	
DATE	FIRST YEAR	SECOND YEAR	THIRD YEAR
Sept 6	BHS 116 Human Physiology	OLOGIND TEAK	THIND TEAN
W Sept 7	Room 1200-1203	BHS-254.1General Pharmacology	
TH	DUG 100 1 0 0 0	Room 1200-1203	
Sept 8 F	BHS 120.1 Geo & Theo Optics Room 1200-1203	F F M IS B COM A NOW.	
Sept 11 M	BHS 114 Human Anatomy Room 1200-1203		
Sept 12 T		CLE 270.1 Ophthalmic Optics Room 1200-1203	BHS 360.1 Clinical Medicine Room 1201-1202
Sept 13 W	BHS 140.1 Sensory Aspects of Vision Room 1200-1203		
Sept 14 T		BHS 212 Ocular Physiology Room 1200-1203	4 Aconteral Contrar
Sept 15 F	BHS 150.1 Biochemistry Room 1200-1203	· 養樹 知 [8] 美。	
Sept 19 T	BHS 116 Human Physiology Room 1200-1203	CLE 262.1 Optometry 2.1 Room 1201-1202	A Remove to the process
Sept 20 W			CLE 365.2 Contact Lenses II Room 1200-1203
Sept 21 TH	BHS 120.1 Geo & Theo Optics Room 1200-1203		
Sept 22	1100111 1200-1200	BHS 244 Binocular Vision Room 1200-1203	CLE 375 Binocular Vision Disorder
Sept 26	BHS 114 Human Anatomy Room 1200-1203	BHS-254.1General Pharmacology Room 1201-1202	Room 1201-1202
Sept 28 TH	BHS 140.1 Sensory Aspects of Vision Room 1200-1203		BHS 363.2 Ocular Disease IV Room 1201-1202
Sept 29 F		CLE 270.1 Ophthalmic Optics Room 1200-1203	di denema di esta
Oct 2	BHS 150.1 Biochemistry Room 1200-1203	20,	BHS 360.1 Clinical Medicine Room 1201-1202
Oct 5 TH	CLE 162.1 Intro to Optometric Procedures Room 1200-1203		
Oct 6 F		BH 2 2 Ocular Physiology Room 1200-1203	Euglevan Strifts with
Oct 9 M	BHS 116 Human Physiology Room 1200-1203	OA	
Oct 10 T	Č		CLE 365.2 Contact Lenses II Room 1200-1203
Oct 11 W	BHS 120.1 Geo & Theo Optics Room 1200-1203	BIARTAN BA	
Oct 12 TH	20	BHS-254.1General Pharmacology Room 1200-1203	5 9 9
Oct 13 F			CLE 375 Binocular Vision Disorder Room 1200-1203
Oct 16 M	BHS 114 Human Anatomy Room 1200-1203	CLE 270.1 Ophthalmic Optics Room 1201-1202	
Oct 18 W	BHS 140 4 Sensory Aspects of Vision Om 1200-1203		BHS 363.2 Ocular Disease IV Room 1201-1202
Oct 19 TH	20/2	CLE 262.1 Optometry 2.1 Room 1200-1203	
Oct 23		BHS 244 Binocular Vision Room 1200-1203	CLINIC EXAM IS AT 8:00 AM CLE 380.2 Clinic Exam Room 1201-1202
Oct 24	BHS 150.1 Biochemistry Room 1200-1203		



ILLINOIS COLLEGE OF OPTOMETRY

SCHEDULE OF FALL QUARTER FINAL EXAMS

September 5, 2006

9:00 - I 11:00 I 11:30 - I 1:30 I 1:45 - 3:45	Saturday OCTOBER 28 BHS 114 Human Anatomy BHS 254.1 Pharmacology	Monday OCTOBER 30 BHS 244 Binocular Vision BHS 150.1 Biochemistry BHS 363.2 Ocular Disease III	Tuesday OCTOBER 31 CLE 162.1 Optometric Procedures	Wednesday NOVEMBER 1 CLE 262.1 Optometry 2.1	NOVEMBER 2 BHS 116 Human Physiology CLE 375 Binocular Vision Disorders	NOVEMBER 3 BHS 212 Ocular Physiology BHS 140.1 Sensory Aspects of Vision	NOVEMBER A BHS 120.1 Geo and Theo Optics CLE 270.1 Ophthalmic Optics
9:00 – II 11:00 II 11:30 – II 1:30 II 1:45 – 3:45	BHS 114 Human Anatomy BHS 254.1 Pharmacology	BHS 244 Binocular Vision BHS 150.1 Biochemistry BHS 363.2 Ocular Disease	CLE 162.1 Optometric	CLE 262.1	Human Physiology CLE 375 Binocular	Physiology BHS 140.1 Sensory Aspects	Geo and Theo Optics CLE 270.1 Ophthalmic
11:30 – I 1:30 I 1:45 – 3:45	Anatomy BHS 254.1 Pharmacology	BHS 150.1 Biochemistry BHS 363.2 Ocular Disease			CLE 375 Binocular	BHS 140.1 Sensory Aspects	Optics CLE 270.1 Ophthalmic
1:30 I 1:45 – 3:45	Pharmacology	Biochemistry BHS 363.2 Ocular Disease	Optome			Sensory Aspects	Ophthalmic
1:30 I 1:45 – 3:45	Pharmacology	BHS 363.2 Ocular Disease	Objour,				
3:45		Ocular Disease	06				
			Ox		Vision Disorders		
2:15 -							
2:15 - (
4 4 5	CLE 365.2	0					BHS 360.1
4:15	Contact	00					Clinical
	Lenses II	110					Medicine
<i>A</i>	ATTENTA MON	ON: MAK IDAY, NO	E-UP DAT VEMBER (ES FOR AS AND TU	ALL FINAL I ESDAY, NO	EXAMS WI	LL BE 7.



Focal Point

CAMPUSNEWS

IOA Convention

Illinois Optometric Association (IOA) invites all ICO students for an "ICO Student Day at the IOA Convention"

Mark your calendars for the weekend of Sept. 29-30, 2006. The IOA is extending a generous invitation to all ICO students to make a trip to Springfield, IL (4 hours by car) to attend the Illinois Optometric Association State Convention. Students will receive complimentary hotel accommodations (4 students per room) and registration Friday for evening all day and Saturday. The IOA is

the party which starts about 9 cm and then attend the student day program all day Saturday - departing about 5 pm. ICO graduate, Dr. Bob Stemmetz, is designing the educational program that once again will surely be of interest to all students. Attend the party, spend the night, attend CE and the Exhibit Hall on Saturday, before heading back to Chicago Saturday evening. A good and educational time is guaranteed. Registration forms were due in the Student Affairs Office on September 22.

September

The breezes taste Of apple peel. The air is full Of smells to feel-Ripe fruit, old footballs, Burning brush, New books, erasers, Chalk, and such. The bee, his hive, Well-honeved hum, And Mother cuts Chrysanthemums. Like plates washed clean With suds, the days Are polished with A morning haze.

John Upake (1932 -

Did You Know

Dr. Colip

Unusual Case of
Acanthamoeba Keratitis in
a Contact Lens Wearer

A 28-vear-old female soft contact lens wearer with a six-day history of redness and blurred vision in her right eve showed stromal keratitis did not respond to therapy for herpes simplex virus. Four weeks later, the patient had increased stromal infiltration, an endothelial plaque and hypopyon. She did not complain of pain apart from mild discomfort. Corneal smears and anterior chamber tap were negative for bacteria, fungi, Acanthamoeba and herpes

simplex virus, and the patient was prescribed fortified antibiotics. One week later, a large epithelial defect with a surrounding ring infiltrate was apparent. Corneal biopsy showed Acanthamoeba.

The Acanthamoeba keratitis resolved with successful treatment. One year later, the patient had a residual visual deficit secondary to stromal scarring and her best-corrected visual acuity was 20/30.

This case emphasizes the importance of

considering Acanthamoeba species in the differential diagnosis of keratitis, even without the classic symptom of severe pain. A high degree of suspicion with rapid and appropriate treatment may result in improved recovery of vision.

SOURCE: Georgakopoulos CD, Exarchou AM, Gartaganis SP. Unusual case of Acanthamoeba keratitis in a contact lens wearer. Eye Contact Lens 2006;32(4):166-7.

New Device May Improve Vision and Mobility for People with Tunnel Vision

Scientists at Schepens Eye Research Institute, an affiliate of Harvard Medical School, believe that a visual device they've invented may improve the vision of people with tunnel vision resulting from retinitis pigmentosa and glaucoma. In the first study to evaluate the device, investigators noted a significant increase in the effectiveness and impaired which visually with participants found objects. The device, which conjunction developed in MicroOptical Corporation, combines a very small camera, a pocket-sized computer and a transparent computer display on a pair of glasses. It allows patients to gather detailed visual information through the transparent display while viewing a superimposed outline version of a wider visual field. The computervideo system provides updated outline information 30 times per second. When @ patient becomes aware of a possible obstacte or object in the superimposed outline image, he can move his head and eyes to look directly at the object through the display. Results of the current trial of 12 patients with tunnel vision showed a 22 percent search time reduction in patients with a visual field wider than 10 degrees The research team believes that performances can be improved further with additional patient training (patients in the study had an hour of training before using the device). loitized

Tutoring for Drake

Thank you to all students who signed up to be tutors at Drake Elementary School. The Drake Dragons are very happy to have you all for the 2006-2007 school year! If you are still interested in tutoring in a 1st-8th grade classroom, please contact Kathryn Baruch (kbaruch@eydoc.ico.edu).

Hotel Reservations

Never too early!

Have you reserved hotel rooms for commencement week for you and your family? If not, please do so ASAP. That is a very busy weekend in Chicago because of the restaurant convention. Many hotels, especially in the downtown area, book up VERY EARLY!

Student Association News

The Student Association would like to thank the ICO faculty, start administration and students for making the golf outing such a success. This years annual outing had a fantastic turnout with over 80 participants and despite the rain everyone had a great time!

Upcoming SA Events:

Frag Football starts this Saturday September 22nd!

The first flag football games will be this Saturday, so toughen up your defense and huddle up your offense and we'll see you on the field! Contact Jordan Jones, box 175 with any questions.

Friday, September 22nd: The 2nd Annual Casino Night in the Gym!

Welcome to fabulous ICO Vegas! Starting at 7:00 pm, try your luck at the 2nd annual ICO Casino Night. This event sponsors the Student Association Scholarship, so even if your luck runs out you know your money will be going to a good cause.

Friday, October 13th: BOO Bash

Mark your calendars and start thinking about your costumes because there is sure to be some tough competition...that is, unless you're afraid! There will be more information to follow.

AAO Event

Ever wondered how Optometrists play a role in refractive surgery? The ICO student Chapter of the American Academy Optometry invites you to "Introduction Refractive Surgery; Notes from Optometrist" presented by Dominick Opitz, OD, FAAO. Come for prizes, pizza, and beverages Wednesday, September 27, 2006 at 7:30 pm in Room 1201; Members and nonmembers are welcome! All members are eligible to win a complimentary registration to the Academy Meeting in December 2006 in Denver, Colorado. Drawing for the winner will be made after the presentation. For more information contact Grace Tran at box 256.

Toric CL Workshop

"3rd & 4th years don't forget to sign up for the October 8th Soft Toric CL workshop! Sign up is posted on the 3rd year board outside the upper entrance to 1202! Questions? Contact mmisko@eyedoc.ico.edu or ebush@eyedoc.ico.edu"

Board of Trustees Wasit ICO

The ICO Board of Trustees will be on campus Thursday and Friday October 5 and 6 attending various committee meetings. Students are encouraged to stop and say hello to board members if they see them in the hallway. Student Association directors and class representatives will be attending the Board Student Affairs Committee to offer their input on Thursday at 12:30 p.m. in the Library Conference Room.

Tech Tips

How to set the Spell Checker to automatically check spelling before a new mail message, appointment or task is sent in GroupWise:

- 1. On the main GroupWise toolbar, click on the Tools menu and select Options. Doubleclick on the Environment icon.
- 2. Under the General tab, in the right portion of the screen, click in the check box next to the phrase "Check spelling before send". Click on OK to activate this change and exit the dialog

Q) How do I remove stored passwords from my web browser?

Below are instructions for removing saved passwords from various Internet browsers:

Internet Explorer

In Internet Explorer, go to Tools -> Internet Options -> Content -> Personal Information -> AutoComplete. Make sure AutoComplete is not enabled for "Forms" and "User names and passwords on forms."

Filefox

Privacy on the left. Make sure 'Remember Passwords' is unchecked under Saved Passwords. Click Clear to delete all saved passwords. Alternatively, click View Saved Passwords to remove

ICO Faculty Quoted in the Washington Post

ICO Professor of Pediatrics/Binocular Vision, Dr. Dominick Maino, was recently quoted in Washington Post concerning problems associated with the "See Clearly Method" of myopia reduction and the otherwise positive results you can achieve with vision therapy for the treatment of insufficiency, convergence amblyopia, learning related vision problems and other oculo-visual binocular vision problems. The original article can viewed

http://www.washingtonpost.com/wpdyn/content/article/2006/09/11/AR200609110 0845.html?sub=new

Spotlight on the Library



by Kathryn Johnston
Information Systems Librarian

PubMed

PubMed indexes all the medical literature and is produced by the United State's National Library of Medicine. It does not cover all the optometric and contact lens journals, however, since PubMed emphasizes disease rather than refraction, fitting or management issues. For complete coverage, it is important to search ICO's VisionCite article index (on our catalog, iLink) and PubMed.

If you link to PubMed through the Library's website, PubMed will inform you automatically if ICO subscribes to the journals found by your search. Then you can find the needed article online from our Fulltext Sources webpage or in print in the Library's collection. If a needed article or book is not available at our Library, please contact a library staff member and we will obtain the item for you through interlibrary loan.

Please contact a librarian if you need assistance researching either PubMed or the Library's catalog, iLink.

Library Renewals

You may renew your own materials if you sign on to the Library website at http://icolibrary/library.htm on campus or off campus at http://library.ico.edu and click on iLink, and My Account. You also can find the Library's iLink catalog from the Intranet or TheView. You will need your user ID and PIN, which can be obtained by emailing us at cshepard@ico.edu or by talking to any fulltime library saif member. You also can renew library spaterials by telephoning the Library at 312949-7158. If your library item is needed

by another patron or for reserves, you will not be able to renew that particular item and must return it to the Library.

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Scanners

The Library has two HP scanners connected to computers in the first floor library computer laboratory. OCR (optical character recognition) software is installed as well. Omnipage 14 allows you to scan a document into Word so that you can edit the text. This is very helpful when you have a print of a document but have lost the actual file. The scanners can also be used for scanning images within copyright limits.

It is also possible to scan documents using the two Ricoh photocopier/printers and then saving the scanned document in Word. Please ask the fulltime staff for assistance if you are unsure on how to use the scanners.

Internet Laptop Access

Each carrel in the library is equipped with an orange or black network jack (RJ45). If your laptop has a network jack or a PCMCIA network card you can log into the internet at any carrel in the Library. The second floor Media Circulation desk has network cables that you may borrow for a day. Please let the Library Director, Gerald Dujsik, know if you have any problems.



CLASSIFIEDS

Research Assistant Needed

Dr. Reeder is looking for a work study to work with her on a variety of research and teaching projects. Strong typing and computer skills needed. Assistant helps out with research and workshop patient scheduling and data collection/entry. Assistant also heavily involved in preparation of materials for presentation in lecture. poster. manuscript form. Previous assistants have graduated with multiple publications and presentations. Need availability one afternoon a week (T-F). Also, approximately 6 Sundays per year based on research/workshop schedule. Other hours are flexible. Please contact Dr. Reeder at x7297 or via email at rreeder@ico.edu. Help needed immediately.

RESIDENCIES

*For more detailed information regarding residencies, please stop by Student Affairs. All residency information is located in the cabinet on the South Wall.

For all scholarships and fellowships, please stop by the Student Affairs Office for more information! All scholarship information can be found in the 3rd drawer of the cabinet on the South wall

Scholarship	Who's Eligible	Amount	Deadline
Manitoba Association of Optometry A. H. Basman, O.D. Scholarship	Manitoba ResidentsAll Four Years	\$1,000	September 28, 2006
Acorn Equality Fund And The Luke Award	 Academic performance Volunteerism Gay, lesbian, bisexual, ottransgendered Downstate Illinois (any county except Cook, DuPage, Grundy, Kane, Kendalt, Lake, McHenry and Will) 	\$500 to \$2,500	October 6, 2006
Petry Lomb Scholarship Fund	New York State Resident Financial Need High Academic Standards 2 3 or 4th years	\$2,000 Minimu m	October 15, 2006
Dr. Leslie Mintz Scholarship Foundation	Intent to practice in NJ Legal address in NJ	\$1,000 to \$2500	November 30th

FITNESS CORNER

Paws Chicago's Sixth Annual Run for Their Lives 8K Run/4K Walk

When: October 1, 2006 at 9:00 am

Where: Lincoln Park along the Lakefront

at North Avenue

Pre-registration: \$25 Adults \$15 Kids (12

& under)

Registration: \$35 Adults \$15

Kids (12 & under)

Dogs: Free (only permitted in 4K walk for safety of dogs

and runners)

More Information: visit:

http://pawschicago.kintera.org/faf/home/default.asp?ievent=183044 or e-mail

LVien@eyedoc.ico.edu

Making Strides Breast Cancer Walk on Sunday, October 15

It is not too late to register for the Making Strides Against Breast Cancer walk. Please visit http://main.acsevents.org/site/TR?team_id=20810&pg=team&fr_id=2211&s_tafld=4978 to sign up. Join ICO's team as a walker or contributor, and help keep this disease from taking the lives of those we love. Call or e-mail Shelby Lalich at X7460 or slalich@eyecare.ico.edu for details.

Belly Dancing

Belly dancing will be offered at ICO beginning on Monday, September 25.

The class will be held in the gym from 6:00 - 7:00 pm on Mondays.

The format will cover basic belly dancing moves and use a building block format.

Whether you want to learn a new dance style or get some great exercise this is the class



Do classes have you stressed already? Are you sore? Do you have a chronic injury such as carpal tunnel syndrome, shoulder impingement or low back pain? Try a seated massage!

Sharita Davis, a certified massage therapist, provides massage at ICO. Sharita's extensive training qualifies her to work on you for problems ranging from simple stress reduction to more complex musculoskeletal problems. Table massage clients remain fully clothed, and no oils are used.

Cost is \$10 per 10-minute sessions, and gift certificates are available. Carol is oncampus every other Wednesday. Please call Shelby at x7460 for further information, to schedule an appointment, or to purchase a gift certificate.

The next sessions will be Wednesday, September 27.

FREE Personal Training

Are you interested in lifting weights but don't know where to begin? Perhaps your workouts are getting stale, and you'd like some new ideas? Maybe you're more motivated when you have someone telling you what to do next?

The ICO Fitness Center offers FREE personal training. Our trainers are available on an appointment-only basis to provide one-on-one training sessions. Please feel free to drop a note to any of our trainers, and they'll contact you ASAP—just don't forget to leave your full name, phone number, and preferred training time(s).

YOUR TRAINE	RS ARE
Kevin Harris	Box 542
Donnie Hager	Box 46
Chris Pavone	Box 220
Emily Pott	Box 246

FREE Fitness Services

The ICO Fitness Center offers the following fitness services: body fat analysis, fitness assessment, equipment orientation, flexibility analysis, general fitness consultation, and workout program design. For further information or to schedule an appointment, please call Shelby at x7460.

Is it Okay to Exercise Every Day?

admirable, it doesn't allow for adequate amount of recovery. appropriate frequency and volume of exercise can be likened to a dose of medication. In order for medication to improve a condition it must be taken at specific intervals and in certain amounts. Taking medicine at a greater frequency or in larger quantities than what is needed can be harmful. Similarly, an "overdose" of exercise-in which workouts are performed too often or have too much volume-can also be harmful. Remember, exercise is effective if it provides an overload, not an overdose.

This information is provided by Fitness Management

Giaitized by Ilinois College of Optometry Library

Club Members/Representatives for 2006 - 2007

Club	Position	Name	Box
Student As	sociation	HARASHE MAST	BUCS
	President	Nana Owusu	211
	President Elect	Billi Campbell	314
	Secretary	Meagan Petraitis	224
	Treasurer	Kim Goss	164
	Community Service Director	Genine Graff	165
	Community Service Elect	Laura MacDonald	391
	Community Service	Amanda Maguire	574
	Representative, First Yr		
	Dir of Note Service	Renee Phipps	225
	Dir-Elect of Note Service	Melissa Zarn	462
	Class of 2007 Rep	Mona Fahmy	39
	Class of 2007 Rep	Tessa Sokol	685
	Class of 2008 Rep	Scott Collings	144
	Class of 2008 Rep	Vanessa Wong	273
	Class of 2009 Rep	Achyut Desai	327
	Class of 2009 Rep	Shilpa Shah	437
	Class of 2010 Rep	Efren Gomez	536
	Class of 2010 Rep	Candace Oto	589
	Director of Intramural Sports	Jordon Jones	179
	RC Head Resident Assistant	Andrea Vandendool	261
	2007 Yearbook Rep	Ryan Ames	6
	AOSA Trustee	Aaron Werner	269
	AOSA Trustee-Elect	Natalka Manastersky	392
American A	Academy of Optometry Students	Water in Ordin	00
	President	Katerio Ortiz	93
	Vice President	Grace Tran	256
Amorican (Optometric Student Assoc.	Co	
American	Optometric Student Assoc.		
	AOSA Trustee	Aaron Werner	269
	AOSA Trustee-Elect	Natalka Manastersky	392
	1st year Class Rep	Katherine Stola	626
	1st year Class Rep	Cory Springstroh	622
American F	Public Health Assoc.		
Americani	Local Liaison	Betsy Wright	276
	20021	Botoy Wilgite	2,0
Beta Sigma	a Kappa Honorary Society (BSK)		
	President	Anita Han	187
	Vice President	Matthew Jones	181
+,(Treasurer	Jamie Choi	142
Minoi	Secretary	Albert Choi	141
.20	Faculty Advisor		
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Club	Position	Name	Box
Canadian Club	Co-Chair	Shannon Smith	243
	Co-Chair	Rob Burke	135
	Faculty Advisor	Dr. Zoltoski	100
	acuity Advisor	DI. ZOILOSKI	
Contact Lens S			
	President	Karen DeLoss	145
	Vice President	Kathryn Baruch	280
	Secretary	Nat Erdman	155
	Treasurer	Abbie Rondeau	231
	Class Liaison		
	Event Coordinator	Beth Warren	267
	Event Coordinator	Kim Goss	164
0.33	Event Coordinator	Tanya Le	192
534	Event Coordinator	Janet Wheeler	271
	Publicity	Andrea Woo	274
	SA Liaison		
	Workshop Coordinator	Eileen Bush	136
	Workshop Coordinator	Melissa Misko	201
	Faculty Advisor	Dr. Renee Reeder	
Callege of Visio	n Davalanmant Extension F)**** (COVD)	
College of visit	on Development Extension F Local Liason	Melissa Zarn	462
	National Liason	Megan Allen	402
AT I	Faculty Advisor	Dr. Christine Alison	4
	r actity reviews	DI. Officially Apricon	
Fellowship for	Christian Optometrists	1	
	President	Matthew Jones	181
	Co-Vice Presidents	Cha Perry and Michelle Van Vark	421/26
	Treasurer	Molly Walker	453
	Secretary	Vanessa Wong	273
	Faculty Advisor	Dr. Kelly Frantz	
Gold Key Hono	rary Society		
Cold Ney Hollo	Tary oociety	Alison Harapiak	50
		Amanda Hobbs	57
	40	Shauna Lushko	87
	Contact Person/President	Katerine Narbone	686
	Contest 1 5 301/11 Tesident		
		Melissa Oltz	58
(O	Bre Paul	108
ICO Montero 9	Tutors	Priscilla Ramos	115
ICO Mentors &	Coordinator	Kathryn Baruch	280
-0,		Beth Karmis	200
	Faculty Advisor	Detti Kairiis	

lticultural b	President Vice President Treasurer Secretary Activities Coordinator	Albert Choi Mital Patel Sarah Jang Corwin Li Anika Dewan	141 216 363 383 147
b	Vice President Treasurer Secretary Activities Coordinator	Mital Patel Sarah Jang Corwin Li	216 363 383
·	Vice President Treasurer Secretary Activities Coordinator	Mital Patel Sarah Jang Corwin Li	216 363 383
	Treasurer Secretary Activities Coordinator	Sarah Jang Corwin Li	363 383
	Secretary Activities Coordinator	Corwin Li	383
	Activities Coordinator		
		Anika Dewan	
		Dabbia Vina	369
	Community Liaison	Debbie Kim	385
	Faculty Liaison	Eliza Lindsay Brent Harberts	171
	3rd Year Class Representative		
	2nd Year Class Representative	Achyut Desai	327
slim Stude	nt Association		
Jiiii Jiuuei		Uzma Husain	552
	OO-1 Tesident		482
	Treasurer		278
			228
			184
			368
			39
	Events Co-ordinator	∠ainab Awan	7
tional Opto	metric Student Association (NO	SA)	1
6 - 2007	President	Marvin Howell	174
0 - 2001			495
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			123
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			316
			325
			76
			114
	Faculty Advisor	Tracy Faulkner	
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	tional Opto	2nd Year Class Representative slim Student Association Co-President Treasurer Secretary Events Co-ordinator Events Co-ordinator Events Co-ordinator Events Co-ordinator Events Co-ordinator Events Co-ordinator	2nd Year Class Representative Achyut Desai slim Student Association Co-President Uzma Husain Fariha Ahmed Treasurer Kelly Shallwani Secretary Sofia Quadri Events Co-ordinator Nadia Khan Events Co-ordinator Samina Khan Events Co-ordinator Mona Fahmy Events Co-ordinator Zainab Awan tional Optometric Student Association (NOSA) 16 - 2007 President Marvin Howell Vice President Kimberly Batton Parliamentarian Pooja Anand Recording Secretary Radha Anand Treasurer Erica tiner NOSA ICO Delegate Melissa Chen Corresponding Secretary Marja Lanns Historian TBD National NOSA Vice Res Joe Pruitt

Position	Name	Box
tice Club		
President	Heidi Bartell	129
Vice President	Betsy Wright	276
Secretary	Jennifer Hunsader	361
Treasurer	Mindi Kieffer	185
Practice Mangement Chair	Abbie Rondeau	231
Fundraising Chair	Leslie Patterson	417
	Ryan Socwell	439
Event Coordinators	Adam Drees	332
	Rob Goodwin	349
Publicity Chairs:	Kristin Bertelsen	494
	Jennifer Durst	525
1st Year Representatives	Kevin Harris	542
	Seth Stanton	623
2nd Year Represetatives	Krystal Christensen	319
	Jamie Parsons	420
Faculty Advisor	Tracy Faulkner	
DC Used Desident	Andrea Vandendeel	001
		261
		134
		304
3rd Floor Resident Assistant		356
RC Activities Coordinator	Michaela Thompson	253
RC Activities Coordinator	Patrick O'Brien	409
Applicant Host	Melissa Misko	201
	V .	
		151
		304
Secretary		201
Treasurer		231
		250
		140
		185
		145
		256
		387
		398
		115
Faculty Advisor	Dr. Jan Jurkus	
	resident Vice President Secretary Treasurer Practice Mangement Chair Fundraising Chair Event Coordinators Publicity Chairs: 1st Year Representatives 2nd Year Represetatives Faculty Advisor RC Head Resident 1st Floor Resident Assistant 2nd Floor Resident Assistant 3rd Floor Resident Assistant RC Activities Coordinator RC Activities Coordinator RC Activities Coordinator Applicant Host unteers in Optometric Service to President President-Elect Secretary	President Vice President Vice President Vice President Vice President Vice President Vice President Secretary Vice President Vice President Secretary Vice President Vice President Secretary Vice President V

09/21/2006

Club	Position	Name	Box
Tomb & Key Ho	norary Society	auto colinari	
936	President	Karina Langle	78
	Vice President	Megan Ambeault	5
	Treasurer	Erin Havens	53
	Secretary	Kristin Skluzacek	682
	Keeper of the Archives	Anita Han	187
	Sergeant at Arms	Albert Choi	141
	Faculty Advisor	Dr. Wendy Haaland	
Wisconsin	Co-chair	Chris Schnelle	234
Yearbook 2007	Representative	Ryan Ames 6	
Yearbook 2008 Representative Meagan Petraitis		224	

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AMERICAN ACADEMY OF OPTOMETRY MEETING

Denver, CO 2006 December 7-10

Travel fellowships to the annual Academy meeting will once again be available to ICO students. These fellowships are funded by the Dean's Office, the Illinois Chapter of the American Academy of Optometry, and the ICO Student Chapter of the Academy. The amount and number of fellowships varies each year and is, in part, dependent on the number of students applying and their level of activity in the Academy. Any ICO third or fourth year student planning to attend the Academy meeting may apply for a travel fellowship. (Any first or second year student who is an author of an accepted poster or paper abstract is also eligible for an award.)

**Preference will be given to those students who are presenting a poster or paper at this year's meeting; who are actively involved in the Academy student chapter; and who are pursuing fellowship in the Academy upon graduation. Additional consideration will be given to students who are pursuing a residency, a career in optometric research or education and who are actively involved in other ICO student organizations. If you would like to apply for a travel fellowship, please complete the following instructions exactly as specified.

- 1. Provide a brief statement (paragraph or two) as to why you should be considered for one of the travel fellowships. This statement should detail your specific contribution to work to be presented or your involvement in the Academy student chapter as well as explaining your modulation to attend the meeting. **
- 2. If you are presenting a poster at the meeting please include a copy of the abstract as it was submitted to the Academy.
 - You must specify the order of authorship as it was submitted.
 - You must also include a **copy of the acceptance statement** from the Academy.
 - If you had a poster abstract submitted and rejected, please include a statement about the intended presentation along with a copy of the abstract.
- 3. A short written statement must be submitted from a faculty member with whom you worked with to develop the abstract/poster. If you did not submit an abstract please ask a faculty mentor to provide a short statement regarding your professional and academic character.
- 3. Submit the completed statement with supporting documents to Dr. Mary Flynn Roberts by 5 PM, October 13th. You can pace the statement and supporting documents in my mailbox, send it to me via e-mail at mflynn@exerare.ico.edu or fax it to my attention at (312) 949-7653.
- 4. Include your name, box number or address, e-mail address, and class year on the statement. A phone number is the helpful if the committee needs additional information.

A committee of five ICO Academy Fellows and/or Diplomates will review the statements and designate the award recipients. Any student awarded a travel fellowship directly from the national Academy office or any other organization will not be eligible for this award and the money will be then given to another THANK YOU, DR. FLYNN ROBERTS

Oidit/Red by Illinois College of Optometry Library



Focal Point

Spotlight on the Library

by Kathryn Johnston Information

Systems Librarian

October is National Medical Librarians' Month! Celebrate by using your library and taking advantage of our expert research assistance. Visiting optometrists

The clump of maples on the hill, And this one near the door, Seem redder, quite a lot, this year Than last, or year before; I wonder if it's jest because I Love the Old State more!

- David L. Cady, October in Vermo

arranged alphabetically by their full title, such Journal of the American Optometric Association, so "of" and "the" count in their ordering. A few journals are known officially by acronyms. JAMA for instance is under "ja" not Journal of the...

ophthalmologists inform us that ICO has the most comprehensive vision and eye library in the country-better than the University of Chicago or Harvard University.

most recent newspapers are kept on racks on the second floor. The Library subscribes to the weekday issues of The Wall Street Journal, The Chicago Tribune, and The Chicago Sun-Times.

VisionCite provides access to more than 218,800 article citations, most of them not found in PubMed or other indexes Check out our poster on VisionCite displayed in the Library: VisionCite: a Tool for Searching the Vision Literature. It was presented at the 2005 American Academy of Optometry. Please contact authors Gerald Dujsik or myself if you have any questions about our research presentation

Magazines, newspapers and journals, including bound volumes, may be checked out for 24 hours, and renewed as needed.

Journals Magazines and Newspapers

The Library keeps its most recent issues of ious als and magazines on display on the first The older magazines and journals are shelved on the second floor. They are

Do you commute? We have continuing education on tape/CD/MP3!

The Library has programs from the College of Vision Development meetings on cassette, audio CD and as MP3 files on a DVD. We also subscribe to the Audio Digest of Ophthalmology which sends bi-monthly CDs of lectures on topics such as "Challenges in Neuro-ophthalmology," "Retinal Disease," or "Glaucoma Assessment and Management." The audio recordings can be checked out for a week and renewed.

The next Focal Point will come out October 20, 2006. The submission deadline October 18.

Interlibrary Loan and Purchase Requests

If you need an article, book, CD or other publication, we would be happy to get it for you on interlibrary loan. The ICO Library is a member of several library groups, including the international Association of Vision Science Libraries, ILLINET (a consortium of Illinois libraries), and OCLC (a world wide organization for sharing library materials.) We also welcome requests for purchasing new books, magazines, videos and other materials. We try to buy everything that has to do with eyes or vision, or other materials if they would benefit students and faculty. For instance, we bought a subscription to Cosmopolitan after students requested more "fun" reading at the Library.

Happy National Medical Libraries Month and we look forward to serving you in the Library!
Gerald Dujsik, MALS
Sandra Engram, MALS
Kathryn Johnston MLIS
Sarah Morris, MSLIS

Did You Know

Dr. Colip

New Anti-Angiogenic Eye Drop Therapy in-Trials

Athenagen, Inc., privately biopharmaceutical company, has begun a Phase I clinical trial of ATG003, a topical eye drop therapy for age-related macular degeneration (AMD). ATG003 is a proprietary topical formulation of mecamylamine that has shown efficacy in animal models; it may provide an alternative to current human AMD therapies, which currently require frequent needle injections in the eye. The study is the first human trial of an ele drop antiangiogenic therapy for CAMD. A Phase II efficacy study is expected to follow in early 2007.

Lilly Receives FDA Approvable letter for Diabetic Rethropathy Treatment

The FNA has granted Eli Lilly an approvable letter for ruboxistaurin mesylate (proposed

trade name Arxxant), the company's investigational oral therapy for treatment of diabetic retinopathy. Arxxant works by limiting the overactivation of protein kinase C beta, a naturally occurring enzyme that has been linked to the development of diabetic retinopathy. Lilly must submit additional data to support the clinical evidence presented in its new drug application; company officials plan to meet with the FDA to determine whether the request can be satisfied with data from an ongoing study or whether a new study is required.

Attention Third Years-Graduation Pictures

Please note – for planning purposes (hair cuts, perms, etc.)
Paul Studios will take graduation pictures on Tuesday and Wednesday, December 12 and 13th 2006 from 8 a.m., —4 p.m. in the Gym. Reminders and sign-up sheets will be posted on the third year bulletin board during the first week of winter quarter.

Hotel Reservations

Never to early!

Have you reserved hotel rooms for commencement week for you and your family? If not, please do so ASAP. That is a very busy weekend in Chicago because of the restaurant convention. Many hotels, especially in the downtown area, book up VERY EARLY!

Gold Key Honor Society News

Congratulations to the 2006-2007 Gold Key Officers

Ali Harapiak, Amanda Hobbs, Shauna Lushko, Katherine Narbone, Melissa Oltz, Breanne Paul, and Priscilla Ramos

Gold Key International Optometric Honor Society serves to recognize upperclassmen

that have demonstrated outstanding professional and ethical attitudes though leadership in their college, community, and profession. Membership consists of six members of the third year class and up to ten percent of the fourth professional year. Individual candidates are chosen for a lifetime membership and one of the highest honors bestowed upon a student Doctor of Optometry.

We are currently looking for new 4th year members for Gold Key National Honor Society. If you are interested please e-mail your application to knarbone@eyedoc.ico.edu by 11:59 pm on Wednesday, November 1st. We will host another membership drive for the 3rd years in the spring.

Submission of an application means you are accepting the \$150 charge to your student account should you earn membership as part of the ICO Gold Key Class of 2007.

If you applied last year, we HIGHLY encourage you to APPLY AGAIN! Applications are not rolled over. Apply by NOVEMBER 1st!

Reminder

Soft Toric CL Workshop

Sunday, October 8th in 1200, Suite1 and Cornea. Questions? Contact mmisko@eyedoc.ico.edu

Boo Bash

Friday, October 13

Mark your calendars and start thinking about your costume because Boo Bash is only a week away. There is sure to be some tough competition!

Contact Scott Collings (scollings@eyedoc.ico.edu) and Vanessa Wong (vwong@eyedoc.ico.edu) for hore information.

Tech Tips

Ahmed Mohammad

PowerPoint Presentation Author

Make sure your name is listed as the author of your presentation in the file's properties (PowerPoint). New Horizon Microsoft Office Tip.

You don't want to send out a slide show with someone else's name listed as its author in the file's properties. To make sure your name appears as the author for all future presentations, open PowerPoint and choose Tools | Options (Edit | Preferences on the Mac) from the menu bar. Click on the General tab (Advanced tab on the Mac), type your name in the Name text box in the User Information panel, and click OK. To change your name for the active presentation only, choose File | Properties from the menu bar, and then type your name in the Author field on the Summary tab. Click OK to exit the dialog box and save your file. Now your name will appear in the Author field for the active presentation on (Note that the Saved By field won't be changed in the Summary preview panel unless you update the author settings in the Options dialog box).

Gow do I set a recurring appointment in GroupWise?

- Choose the Calendar folder from the folder list.
- 2. Double click in Appointments.
- 3. Fill in the appropriate information.
- 4. Click on the calendar icon beside the "Start Date" field (or select Actions, Auto Date from the menu commands). The Set Date window will appear.
- 5. Click on Select Recurring. The Auto-Date window will appear.
 - 6. Select:

By Dates lets you select specific days from a year calendar.

- 7. Click on the date(s) you want the recurring appointment/note/task to appear on the calendar.
- 8. Click **OK** when complete
- 9. Complete the information.
- 10. Click OK when complete

How do I add contacts to an address book?

- Open the Address Book and select the book where you want to add someone. (Note: Only GroupWise administrators can add/remove entries from the Novell GroupWise Address Book.)
- 2. Press the New button on the toolbar, select Contact and press OK.
- Enter the first name, last name, and email address of the person you're adding. Press the Add button located next to the email address. Enter any other information you want to save for this person, such as phone numbers, contact information (located on the contact tab) or personal information (located on the personal tab).

Photo Shoot

Dr. Maino

Would you like to have some great photographs of yourself in ethnic dress or formal wear at no cost? Read on....



What: Wright Camera Club Model Shoot Some of the very best of Chicago-land photographers will be there to take photographs of you at no cost. You will receive (again at no cost) one or more (usually more) photos for your personal use.

Where: Portage Park Center for the Add (http://portageparkcenterforthearts.org/) 5801 West Dakin Street Chicago 100634-2600, Phone: 773.205.0151 1 block South of Irving, 1 block West of Central. Located in the former Nebo Lutheran Church building

When: 3rd Monday of November 20 at 7PM

Wear: The wonderful ethnic dress that you wear for your activities/performances. Bring props (swords, etc) if you have them.

Contact: Gary Moseback (garry.mosebach@egseg.com)

Office: 1 847 268 6394 Home: 1 773 804 9313

for additional information and to schedule a specific time for you to be there.

You can also contact Dominick Maino dmaino@ico.edu).

Revolutionary War Re-enactment & encampment

Saturday & Sunday, October 14-15, 2006 9:00 am - 4:00 pm Cantigny Park 1 S 151 Winfield Road Wheaton, Illinois 60187

For more information on the days events go to http://www.mccormicktribune.org/cantigny/ or call (630) 668-5161

There are battles with carron fire, rifle fire, and lots of smoke....as well as period dress, cooking, music, etc. I you have never been to a re-enactment...it's awesome!

Dean List

The following full-time students achieved superior academic performance during the Summer, 2006 quarter by earning a quarterly grade point average of 3.50 or better and no grade below a "B" and/or Honors (H) in all Patient Care courses:

Allen, Megan S.	W.	Y4
Ambeault, Megan L.		Y4
Ames, Ryan P.	f	Y4
Anderson, Nicholas T.		Y3
Awan, Zainab R.		Y4
Barbadillo, Karen T.		Y4
Bartels, Amber E.		Y3
Baruch, Kathryn		Y3
Berends, Jill M.		Y4
Betterly, Sara R.		Y4
Birnbaum, Suzanne J.		Y4
Brafman, Shana B.		Y4
Buckley, Erik T.		Y4
Budahn, Michael S.		Y3



Duch Eileen M	372
Bush, Eileen M.	Y3
Chang Toanno T	¥4
Chang, Joanne J. Charles, Kristie J.	Y4 Y3
Chaudhery, Shmyla	Y4
Choi, Jamie H.	
Cleveland, Charlene L.	Y3
	Y4
Denny, Monica Dhanoa, Hershminder	¥4
Dokken, Seth A.	Y4 Y3
Doyle, Nicholas R.	
***************************************	Y3
Drabinsky, Michael E. Evers, Reeve R.	Y4 Y4
Finley, Maureen K	Y4
Firby, Ashley	Y3
Fischer, Londa L.	Y4
Gasca, Lan-Anh	Y4
Gasca, Lan-Anh	Y4
Gasca, Lan-Anh	Y4
Gill, Mandip S.	Y4
Goss, Kimberley D.	У3
Graff, Genine M.	77.3
Gula, Jennifer M.	У3
Hahn, Johanna K.	У3
Hajali, Manal	Y4
Halikias, Tanya	Y4
Han, Anita M.	A.3
	У3
Hanlon, Edward P.	Y4
Hanlon, Edward P. Haq, Almas F.	Y4 Y4
Hanlon, Edward P. Haq, Almas F. Harmych, Melissa C.	Y4 Y4 Y4
Hanlon, Edward P. Haq, Almas F. Harmych, Melissa C. Harvey, Andrew M.	Y4 Y4 Y4 Y4
Hanlon, Edward P. Haq, Almas F. Harmych, Melissa C. Harvey, Andrew M. Harvey, Mariah I.	Y4 Y4 Y4 Y4 Y4
Hanlon, Edward P. Haq, Almas F. Harmych, Melissa C. Harvey, Andrew M. Harvey, Mariah I. Herman, Tate M.	Y4 Y4 Y4 Y4 Y4 Y3 Y4
Hanlon, Edward P. Haq, Almas F. Harmych, Melissa C. Harvey, Andrew M. Harvey, Mariah I. Herman, Tate M. Hutchins, Rachel A.	Y4 Y4 Y4 Y4 Y3 Y4 Y3
Hanlon, Edward P. Haq, Almas F. Harmych, Melissa C. Harvey, Andrew M. Harvey, Mariah I. Herman, Tate M. Hutchins, Rachel A. Jang, Jeehye K.	Y4 Y4 Y4 Y4 Y4 Y3 Y4
Hanlon, Edward P. Haq, Almas F. Harmych, Melissa C. Harvey, Andrew M. Harvey, Mariah I. Herman, Tate M. Hutchins, Rachel A. Jang, Jeehye K. Jones, Jordan P.	Y4 Y4 Y4 Y4 Y3 Y4 Y3 Y4 Y3
Hanlon, Edward P. Haq, Almas F. Harmych, Melissa C. Harvey, Andrew M. Harvey, Mariah I. Herman, Tate M. Hutchins, Rachel A. Jang, Jeehye K. Jones, Jordan P. Kathiravelu, Saravanesh	Y4 Y4 Y4 Y4 Y3 Y4 Y3 Y4 Y3 Y4
Hanlon, Edward P. Haq, Almas F. Harmych, Melissa C. Harvey, Andrew M. Harvey, Mariah I. Herman, Tate M. Hutchins, Rachel A. Jang, Jeehye K. Jones, Jordan P. Kathiravelu, Saravanesh Kaur, Bimal	Y4 Y4 Y4 Y4 Y4 Y3 Y4 Y3 Y4 Y3 Y4 Y3 Y4 Y3
Hanlon, Edward P. Haq, Almas F. Harmych, Melissa C. Harvey, Andrew M. Harvey, Mariah I. Herman, Tate M. Hutchins, Rachel A. Jang, Jeehye K. Jones, Jordan P. Kathiravelu, Saravanesh Kaur, Bimal Kechker, Tanya	Y4 Y4 Y4 Y4 Y3 Y4 Y3 Y4 Y3 Y4 Y3 Y4 Y4 Y4 Y4
Hanlon, Edward P. Haq, Almas F. Harmych, Melissa C. Harvey, Andrew M. Harvey, Mariah I. Herman, Tate M. Hutchins, Rachel A. Jang, Jeehye K. Jones, Jordan P. Kathiravelu, Saravanesh Kaur, Bimal Kechker, Tanya Kellar, Jared L.	Y4 Y4 Y4 Y4 Y4 Y3 Y4 Y3 Y4 Y3 Y4 Y4 Y4 Y4 Y4
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Hanlon, Edward P. Haq, Almas F. Harmych, Melissa C. Harvey, Andrew M. Harvey, Mariah I. Herman, Tate M. Hutchins, Rachel A. Jang, Jeehye K. Jones, Jordan P. Kathiravelu, Saravanesh Kaur, Bimal Kechker, Tanya Kellar, Jared L. Kielian, Magdalena Kim, Julie C.	Y4 Y4 Y4 Y4 Y4 Y3 Y4 Y3 Y4 Y3 Y4 Y4 Y4 Y4 Y4 Y4 Y4 Y4
Hanlon, Edward P. Haq, Almas F. Harmych, Melissa C. Harvey, Andrew M. Harvey, Mariah I. Herman, Tate M. Hutchins, Rachel A. Jang, Jeehye K. Jones, Jordan P. Kathiravelu, Saravanesh Kaur, Bimal Kechker, Tanya Kellar, Jared L. Kielian, Magdalena Kim, Julie C. Kim, Yoomi	Y4 Y4 Y4 Y4 Y4 Y3 Y4 Y3 Y4
Hanlon, Edward P. Haq, Almas F. Harmych, Melissa C. Harvey, Andrew M. Harvey, Mariah I. Herman, Tate M. Hutchins, Rachel A. Jang, Jeehye K. Jones, Jordan P. Kathiravelu, Saravanesh Kaur, Bimal Kechker, Tanya Kellar, Jared L. Kielian, Magdalena Kim, Julie C. Kim, Yoomi Kljajich, Juliana	Y4 Y4 Y4 Y4 Y4 Y3 Y4 Y3 Y4
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Hanlon, Edward P. Haq, Almas F. Harmych, Melissa C. Harvey, Andrew M. Harvey, Mariah I. Herman, Tate M. Hutchins, Rachel A. Jang, Jeehye K. Jones, Jordan P. Kathiravelu, Saravanesh Kaur, Bimal Kechker, Tanya Kellar, Jared L. Kielian, Magdalena Kim, Julie C. Kim, Yoomi Kljajich, Juliana Kolodziejczyk, Jennifer G. Kremer, Kara S. Kunkel Watthew C.	Y4 Y4 Y4 Y4 Y4 Y3 Y4 Y3 Y4
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Hanlon, Edward P. Haq, Almas F. Harmych, Melissa C. Harvey, Andrew M. Harvey, Mariah I. Herman, Tate M. Hutchins, Rachel A. Jang, Jeehye K. Jones, Jordan P. Kathiravelu, Saravanesh Kaur, Bimal Kechker, Tanya Kellar, Jared L. Kielian, Magdalena Kim, Julie C. Kim, Yoomi Kljajich, Juliana Kolodziejczyk, Jennifer G. Kremer, Kara S. Kunkel, Watthew C. LaPlaca, Theresa M. Lam, Natalie L.	Y4 Y4 Y4 Y4 Y4 Y4 Y3 Y4
Hanlon, Edward P. Haq, Almas F. Harmych, Melissa C. Harvey, Andrew M. Harvey, Mariah I. Herman, Tate M. Hutchins, Rachel A. Jang, Jeehye K. Jones, Jordan P. Kathiravelu, Saravanesh Kaur, Bimal Kechker, Tanya Kellar, Jared L. Kielian, Magdalena Kim, Julie C. Kim, Yoomi Kljajich, Juliana Kolodziejczyk, Jennifer G. Kremer, Kara S. Kunkel Watthew C. LaPlada, Theresa M. Lam, Natalie L. Nangle, Karina V.	Y4 Y4 Y4 Y4 Y4 Y3 Y4 Y3 Y4 Y3 Y4
Hanlon, Edward P. Haq, Almas F. Harmych, Melissa C. Harvey, Andrew M. Harvey, Mariah I. Herman, Tate M. Hutchins, Rachel A. Jang, Jeehye K. Jones, Jordan P. Kathiravelu, Saravanesh Kaur, Bimal Kechker, Tanya Kellar, Jared L. Kielian, Magdalena Kim, Julie C. Kim, Yoomi Kljajich, Juliana Kolodziejczyk, Jennifer G. Kremer, Kara S. Kunkel Watthew C. LaPlaca, Theresa M. Lam, Natalie L.	Y4 Y4 Y4 Y4 Y4 Y4 Y3 Y4

Lee, Steven P. Lindemulder, Janna F.	
	Y4
	Y4
Lloyd, Crystal G.	Y3
Lloyd, Emily A.	Y4
Lushko, Shauna B.	Y4
Manternach, Jeffrey T.	Y4
Markowitz, Michelle	Y3
Meeks, Justin J.	Y4
Misko, Melissa A.	Y3
Moir, Allison	Y4
Morfoot, Joseph B.	Y4
Mus, Danny	Y3
Narbone, Katherine M.	Y4
Ngando, Anwi N.	Y4
Ngo, Kim	Y4
Oltz, Melissa C.	Y4
	Y3
Owusu, Nana Y.	
Palermo, Laura D.	Y4
Panovic, Angelina M.	Y4
Park, Jin H.	Y3
Park, Susan K.	Y4
Paul, Breanne M.	Y4
Pham, Mary V.	Y4
Pham, Tu-uyen D.	Y4
Pietig, Todak.	Y4
Pott, Emily M.	Y3
Prawdzik Karyn B.	Y4
Prettymen, Jessica L.	У3
Pruit, Joseph A.	Y4
Quadri, Sofia N.	Y3
Lewan, Sabina	Y4
Rovenstine, Sharon M.	
	Y4
Rovenstine, Sharon M.	Y4 Y3
Rovenstine, Sharon M. Sakulsom, Jirasan	Y4 Y3 Y4
Rovenstine, Sharon M. Sakulsom, Jirasan Sees, Theodore F.	Y4 Y3 Y4 Y4
Rovenstine, Sharon M. Sakulsom, Jirasan Sees, Theodore F. Sirithavee, Tanapol	Y4 Y3 Y4 Y4 Y4
Rovenstine, Sharon M. Sakulsom, Jirasan Sees, Theodore F. Sirithavee, Tanapol Skluzacek, Kristin M.	Y4 Y3 Y4 Y4 Y4 Y4
Rovenstine, Sharon M. Sakulsom, Jirasan Sees, Theodore F. Sirithavee, Tanapol Skluzacek, Kristin M. Smith, Kimberly D.	Y4 Y3 Y4 Y4 Y4 Y4 Y4 Y3
Rovenstine, Sharon M. Sakulsom, Jirasan Sees, Theodore F. Sirithavee, Tanapol Skluzacek, Kristin M. Smith, Kimberly D. Smith, Shannon J.	Y4 Y3 Y4 Y4 Y4 Y4 Y4 Y3 Y3
Rovenstine, Sharon M. Sakulsom, Jirasan Sees, Theodore F. Sirithavee, Tanapol Skluzacek, Kristin M. Smith, Kimberly D. Smith, Shannon J. Smith, Stefan M.	Y4 Y3 Y4 Y4 Y4 Y4 Y3 Y3 Y3
Rovenstine, Sharon M. Sakulsom, Jirasan Sees, Theodore F. Sirithavee, Tanapol Skluzacek, Kristin M. Smith, Kimberly D. Smith, Shannon J. Smith, Stefan M. Snyder, Beth A.	Y4 Y3 Y4 Y4 Y4 Y4 Y3 Y3 Y3
Rovenstine, Sharon M. Sakulsom, Jirasan Sees, Theodore F. Sirithavee, Tanapol Skluzacek, Kristin M. Smith, Kimberly D. Smith, Shannon J. Smith, Stefan M. Snyder, Beth A. Sommer, Jennifer L.	Y4 Y3 Y4 Y4 Y4 Y4 Y3 Y3 Y3 Y3 Y4 Y3
Rovenstine, Sharon M. Sakulsom, Jirasan Sees, Theodore F. Sirithavee, Tanapol Skluzacek, Kristin M. Smith, Kimberly D. Smith, Shannon J. Smith, Stefan M. Snyder, Beth A. Sommer, Jennifer L. Strombeck, Tracey J.	Y4 Y3 Y4 Y4 Y4 Y4 Y3 Y3 Y3 Y4 Y3 Y3
Rovenstine, Sharon M. Sakulsom, Jirasan Sees, Theodore F. Sirithavee, Tanapol Skluzacek, Kristin M. Smith, Kimberly D. Smith, Shannon J. Smith, Stefan M. Snyder, Beth A. Sommer, Jennifer L. Strombeck, Tracey J. Suits-Klyber, Stephanie L. Tancabel, Katie N.	Y4 Y3 Y4 Y4 Y4 Y4 Y4 Y3 Y3 Y3 Y3 Y4 Y4 Y4
Rovenstine, Sharon M. Sakulsom, Jirasan Sees, Theodore F. Sirithavee, Tanapol Skluzacek, Kristin M. Smith, Kimberly D. Smith, Shannon J. Smith, Stefan M. Snyder, Beth A. Sommer, Jennifer L. Strombeck, Tracey J. Suits-Klyber, Stephanie L. Tancabel, Katie N. Tedder, Taylor D.	Y4 Y3 Y4 Y4 Y4 Y4 Y4 Y3 Y3 Y3 Y3 Y4 Y3 Y4 Y3 Y4 Y3 Y4 Y3
Rovenstine, Sharon M. Sakulsom, Jirasan Sees, Theodore F. Sirithavee, Tanapol Skluzacek, Kristin M. Smith, Kimberly D. Smith, Shannon J. Smith, Stefan M. Snyder, Beth A. Sommer, Jennifer L. Strombeck, Tracey J. Suits-Klyber, Stephanie L. Tancabel, Katie N. Tedder, Taylor D. Theye, Robin E.	Y4 Y3 Y4 Y4 Y4 Y4 Y4 Y3 Y3 Y3 Y3 Y4 Y3 Y4 Y3 Y4 Y3 Y4 Y3 Y4 Y3
Rovenstine, Sharon M. Sakulsom, Jirasan Sees, Theodore F. Sirithavee, Tanapol Skluzacek, Kristin M. Smith, Kimberly D. Smith, Shannon J. Smith, Stefan M. Snyder, Beth A. Sommer, Jennifer L. Strombeck, Tracey J. Suits-Klyber, Stephanie L. Tancabel, Katie N. Tedder, Taylor D. Theye, Robin E. Thompson, Michaela J.	Y4 Y3 Y4 Y4 Y4 Y4 Y4 Y3 Y3 Y3 Y3 Y4 Y3 Y3 Y4 Y3 Y4 Y3 Y4 Y3 Y4 Y3 Y4
Rovenstine, Sharon M. Sakulsom, Jirasan Sees, Theodore F. Sirithavee, Tanapol Skluzacek, Kristin M. Smith, Kimberly D. Smith, Shannon J. Smith, Stefan M. Snyder, Beth A. Sommer, Jennifer L. Strombeck, Tracey J. Suits-Klyber, Stephanie L. Tancabel, Katie N. Tedder, Taylor D. Theye, Robin E. Thompson, Michaela J. Troyer, Neal D.	Y4 Y3 Y4 Y4 Y4 Y4 Y4 Y3 Y3 Y3 Y3 Y4
Rovenstine, Sharon M. Sakulsom, Jirasan Sees, Theodore F. Sirithavee, Tanapol Skluzacek, Kristin M. Smith, Kimberly D. Smith, Shannon J. Smith, Stefan M. Snyder, Beth A. Sommer, Jennifer L. Strombeck, Tracey J. Suits-Klyber, Stephanie L. Tancabel, Katie N. Tedder, Taylor D. Theye, Robin E. Thompson, Michaela J. Troyer, Neal D. Van Vark, Michelle D.	Y4 Y3 Y4 Y4 Y4 Y4 Y4 Y3 Y3 Y3 Y3 Y4 Y3
Rovenstine, Sharon M. Sakulsom, Jirasan Sees, Theodore F. Sirithavee, Tanapol Skluzacek, Kristin M. Smith, Kimberly D. Smith, Shannon J. Smith, Stefan M. Snyder, Beth A. Sommer, Jennifer L. Strombeck, Tracey J. Suits-Klyber, Stephanie L. Tancabel, Katie N. Tedder, Taylor D. Theye, Robin E. Thompson, Michaela J. Troyer, Neal D. Van Vark, Michelle D. VanDyke, Angela M.	Y4 Y3 Y4 Y4 Y4 Y4 Y4 Y3 Y3 Y3 Y3 Y4 Y3
Rovenstine, Sharon M. Sakulsom, Jirasan Sees, Theodore F. Sirithavee, Tanapol Skluzacek, Kristin M. Smith, Kimberly D. Smith, Shannon J. Smith, Stefan M. Snyder, Beth A. Sommer, Jennifer L. Strombeck, Tracey J. Suits-Klyber, Stephanie L. Tancabel, Katie N. Tedder, Taylor D. Theye, Robin E. Thompson, Michaela J. Troyer, Neal D. Van Vark, Michelle D.	Y4 Y3 Y4 Y4 Y4 Y4 Y4 Y3 Y3 Y3 Y3 Y4 Y3

Vien, Lee Q.	Y3
Walker, Mathew T.	Y3
Warren, Elizabeth A.	Y3
Wei, Jolyn	Y3
Weigel, Justin E.	Y4
Wilkinson, David A.	Y4
Yarzak, Ellen R.	Y4
Ymalay, Ian A.	Y4
Zaker, Joseph F.	Y4
Zorzi, Christina M.	Y4

CLASSIFIEDS

Work Study Positions Available

Immediate Openings

The Alumni Office is seeking work study students to fill temporary part-time positions for the months of October and November in support of Alumni Weekend. Duties will involve event preparations and promoting Alumni Weekend among our alumni. Days and times are flexible. This is a great

opportunity to connect with alumni and earn some extra cash before the holidays. If interested, please contact Connie Scavuzzo at x7080 or cscavuzzo@ico.edu or stop by her office across from the cashier's window.

Workstudy

Dr. David Castells is looking for a current 2nd-4th year student to help with a few hours of office work and optometric based work study. Flexible hours. Please contact him at x7247 or dcastells@ICO.edu.

RESIDENCIES

*For more detailed information regarding residencies, please stop by Student Affairs. All residency information is located in the cabinet on the south wall.

S C H O L A R S HOI P S

For all scholarships and fellowships, please stop by the Student Affairs Office for more information! All scholarship information can be found in the 3rd drawer of the cabinet on the south wall.

All scholarship informa	tion can be found in the 3 drawer of	the cabinet	on the south wall.
Scholarship	Who's Eligible	Amount	Deadline
Saskatchewan	Saskatchewan Resident	Averages	October 15, 2006
Optometric	Financial Need	\$1500	
Foundation	Academic Proficiency	NEW YORK BOOK BY	
Scholarship	00		
Petry Lomb	New York State Resident	\$2,000	October 15, 2006
Scholarship Fund	Financial Need	Minimum	
	High Academic Standards		
	• 2, 3 or 4 (vears		
Dr. Leslie Mintz	Intent to practice in NJ	\$1,000 to	November 30th
Scholarship	Legal address in NJ	\$2500	
Foundation	CO.		
ALCON	4th Year Students	\$1,000	January 31, 2007 to
4 th Year Optometry	 Case Report of ALCON product 	National	Student Affairs Office
Student 2007		Additional	
Scholarship Award -		\$5,000	
Case Study		4-,000	

The Student Affairs Office has more information, so stop by and check it out.

FITNESS CORNER

Making Strides Breast Cancer Walk on Sunday, October 15

It is not too late to register for the Making Strides Against Breast Cancer walk. Please visit http://main.acsevents.org/ site/TR?team id=20810&pg=team&fr id= 2211&s tafld=4978 to sign up. Join ICO's team as a walker or contributor, and help keep this disease from taking the lives of those we love. Call or e-mail Shelby Lalich at x7460 or slalich@ico.edu for details.

Massage Therapy

Sharita Davis, a certified massage therapist, provides massage at ICO. Sharita's extensive training qualifies her to work on you for problems ranging from simple stress reduction to more complex musculoskeletal problems. Table massage clients remain fully clothed, and no oils are used.

Cost is \$10 per 10-minute sessions, and gift certificates are available. Sharita is on-campus every other Wednesday. Please call Shelby at x7460 for further information, to schedule an appointment, or to purchase a gift certificate.

FREE Personal Training

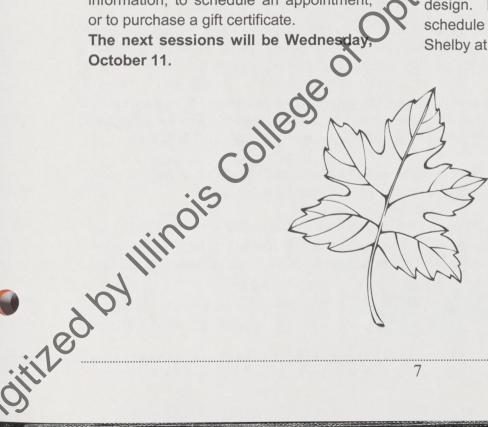
Are you interested in lifting weights but don't know where to begin? Perhaps your workouts are getting stale, and you'd like some new ideas? Maybe you're more motivated when you have someone telling vou what to do next?

The ICO Fitness Center offers FREE personal training. Our trainers are available on an appointment-only basis to provide one-on-one training sessions. Please feel free to drop a note to any of our trainers, and they'll contact you ASAP—just don't forget to leave your full name, phone number, and preferred training time(s).

YOUR TRAINERS ARE		
Kevin Harris	Box 542	
Donnie Hager	Box 46	
Chris Pavone	Box 220	
Emily Pott	Box 246	

FREE Fitness Services

The ICO Fitness Center offers the following litness services: body fat analogis, fitness assessment, equipment orientation, flexibility analysis, general Tithess consultation, and workout program design. For further information or to schedule an appointment, please call Shelby at x7460.



AMERICAN ACADEMY OF OPTOMETRY MEETING

Denver, CO 2006 December 7-10

Travel fellowships to the annual Academy meeting will once again be available to ICO students. These fellowships are funded by the Dean's Office, the Illinois Chapter of the American Academy of Optometry, and the ICO Student Chapter of the Academy. The amount and number of fellowships varies each year and is, in part, dependent on the number of students applying and their level of activity in the Academy. Any ICO third or fourth year student planning to attend the Academy meeting may apply for a travel fellowship. (Any first or second year student who is an author of an accepted poster or paper abstract is also eligible for an award.)

**Preference will be given to those students who are presenting a poster or paper at this year's meeting; who are actively involved in the Academy student chapter; and who are pursuing fellowship in the Academy upon graduation. Additional consideration will be given to students who are pursuing a residency, a career in optometric research or education and who are actively involved in other ICO student organizations. If you would like to apply for a travel fellowship, please complete the following instructions exactly as specified.

- 1. Provide a brief statement (paragraph or two) as to why you should be consideted for one of the travel fellowships. This statement should detail your **specific contribution** to work to be presented or your involvement in the Academy student chapter as well as explaining your motivation to attend the meeting. **
- 2. If you are presenting a poster at the meeting please include a **copy of the abstract** as it was submitted to the Academy.
 - You must specify the order of authorship as it was submitted.
 - You must also include a **copy of the acceptance statement** from the Academy.
 - If you had a poster abstract submitted and rejected, please include a statement about the intended presentation along with a copy of the abstract.
- 3. A **short written statement must be submitted from a faculty** member with whom you worked with to develop the abstract/poster. If you did not submit an abstract please ask a faculty mentor to provide a short statement regarding your professional and academic character.
- 3. Submit the <u>completed</u> statement with supporting documents to Dr. Mary Flynn Roberts by 5 PM, October 13th. You are place the statement and supporting documents in my mailbox, send it to me via e-mail at <a href="mailto:mww.mailto.ne.gover.ne.
- 4. Include your name, box number or address, e-mail address, and class year on the statement.

 A phone number is also helpful if the committee needs additional information.

A committee of five ICO Academy Fellows and/or Diplomates will review the statements and designate the award recipients. Any student awarded a travel fellowship directly from the national Academy office or any other organization will not be eligible for this award and the money will be then given to another student.

THANK YOU, DR. FLYNN ROBERTS



Focal Point

CAMPUSNEWS

SVOSH Frame Sale

Tuesday, November 14th 2006

Please mark your calendars for the annual SVOSH Frame Sale that will be held on Tuesday, November 14th in the gym from 10:00 am – 3:00 pm. There will be mens and womens eyeglass frames as well as sunglasses that you can purchase for 25-30% off wholesale prices! Payment will be via your student account or cash. Companies that will be present include: Maui Jim Sunglasses, ProDesign, A&A Optical, Europa, Silhouette and more. This is your chance to purchase some awesome frames for you and your family/friends at unbelievable prices! Contact Katie Tancabel (ktancabel@eyedoc.ico.edu) with any questions.

Scholarship Fundraiser

The Student Association would like to thank all who contributed and participated for making the Second Annual Casino Night a huge success! These events would so be so successful or as much fun without the support, energy and excitament of the enthusiastic group of students we have at ICO! Tables were parked as people were waiting on seats to open and everyone in attendance had a great time!

Our thanks to Dr. Zoltoski for her generous contribution towards our event and the Student Association Scholarship as well as Bryant Anderson for his onthusiasm in coming out to

support and participate in Casino Night!

Thank you to all of you who supported this event! As a result of Casino Night, the Student Association has raised enough money to provide our scholarship to two lucky students once again! We will give you more details later on in the year as to how you can get your hands on these scholarships.

Congratulations the following prize winners:

- \$50 Best Gov Gift Card Christina Estrada
 Class of 2010
- Portable DVD Player Mindi Kieffer Class of 2007
- PlayStation2 Evan Ryan Guest of Katherine Stola Class of 2010
- 5.1 MegaPixel Digital Camera Rocio Pena Class of 2010
- 30GB IPod Sukhi Gill Class of 2008

It Must be October

The harvest moon hangs round and high
It dodges clouds high in the sky,
The stars wink down their love and mirth
The Autumn season is giving birth.
Oh, it must be October
The leaves of red bright gold and brown,
To Mother Earth come tumbling down,
The breezy nights the ghostly sights,
The eerie spooky far off sounds
Are signs that it's October.
The pumpkins yellow, big and round
Are carried by costumed clumsy clowns
It's Halloween - let's celebrate.

The next Focal Point will come out November 3, 2006. The submission deadline November 1.

SA Events

Blood Drive: Tuesday, October 24th, 2006

"How to save a life" you ask?", come to the Blood Drive and donate blood! The drive runs Tuesday from 10:00 am to 3:00 pm and walkins are very welcome. If you'd like to schedule an appointment please contact Genine at GGraff@eyedoc.ico.edu or Laura at LMacDonald@ eyedoc.ico.edu.

12 Bars: Saturday, December 9th, 2006

It's never too early to get into the holiday season! The annual Student Association 12 Bars event is coming up fast so mark your calendars, more information about location and times will follow.

4th Year Student Published

Pterygium Management: Modifying the common pterygium excision

Bridget Frette, a 4th year student recently had an article she wrote on pterygium management published in the "Clinical & Surgical Journal of Ophthalmology." She wrote the article under the guidance of Dr. Leonid Skorin, an ICO alumnus who currently practices as an ophthalmologist at the Albert Lea Eye Clinic, Mayo Health System in Albert Lea, MN. "Pterygium Management: Modifying the Common Pterygium Excision" Clinical & Surgical Journal of Ophthalmology 24:9, 2006.

Alumni Weekend

November 17-19

All alumni, students, faculty, and state are invited to attend Alumni Weekend, Normber 17-19, 2006.

Highlights of the weekend include:

Friday, November 17th

Class Reunion Recepted, Dinner and Hospitality Suite at the InterContinental Olicago hotel.

Saturday, Nevember 18th

Student Aumni Reception with exhibits/raffle prizes and Alumni

Awards Ceremony with featured guest speaker Bruce Jenner. Bruce Jenner captivated the world when he won the gold medal in the decathlon in the 1976 Olympic Games and has since been a sports commentator, TV personality, spokesperson, and inspirational speaker. He will present the topic "Finding the Champion Within." These events will take place on campus.

Sunday, November 19th

Four hours of continuing education on campus with lecturers Dr. Alfred Rosenbloom and Dr. Scott Jens. Their topics will be: Strategies for Effective Treatment and Management of the Geriatric Patient and Primary Eye and Vision Care for the Infant.

All events are **complimentary** with the exception of the class reunion dinner. To register, please complete a registration form and return it to Connie Scavuzzo in the Alumni Office (across from the Cashier) by November 3rd. If you have not yet received a registration form, they are available online at www.ico.edu, at the table outside the Lecture Center, and in Connie's office. Or, register by phone by calling Connie at extension 7080.

Temporary student work study positions available, too. See ad in Classifieds.

hope you'll be able to join us!

Did You Know

Dr. Colip

Intraocular Pressure Variation During Weight Lifting

Subjects performed four repetitions of a bench press exercise in two ways: in mode I (right eyes), the breath was held during the last repetition; in mode II (left eyes), subjects exhaled normally during the last

pressure (IOP) was measured with an electronic tonometer during the fourth repetition in both modes while the subject sustained the exercise.

Mean IOP during exercise in mode I increased by 4.3 mmHg. In mode II, mean IOP increased by 2.2 mmHg. The IOP increased in 90% of subjects in mode I and in 62% in mode II. An increase in IOP greater than 5.0 mmHg was observed in nine subjects (30%) in mode I and in six (21%) in mode II. In two subjects, IOP during exercise mode I was markedly increased (>10.0 mm Hg).

The IOP increases significantly during a bench press exercise. Breath holding during the exercise leads to a greater IOP increase. SOURCE: Sieira GM, Oliveira HB, de Andrade DT, Bottaro M, Ritch R. Intraocular pressure variation during weight lifting. Arch Ophthalmol. 2006;124(9):1251-4.

The Practice of Optometry: NBEO Survey of Optometric Patients

A study commissioned by the National Board of Examiners in Optometry (NBEO) was designed to obtain information about patients seen in general practice. Providers completed an encounter form for patients seen during a two-day sample. Data were obtained from 11,012 patients in rural, urban and suburban environments from a diverse population of 480 optometrists representative of professionwide practitioners in terms of geographic distribution and practice settings. Although practitioners were selected randomly, the response rate among those who were invited to participate was only 17.7 Optometrists who specialized and dd not classify themselves as general practitioners were excluded from the study

The study provides in tights into the most diagnostic) and common therapeutic medications procedures performed, prescribed and referrals made in general practices. Seventy-one percent of all examinations were categorized as comprehensive, approximately 13 percent were because of disease and 11 percent were for contact lens dare. Almost 17 percent of all patients received a formal visual field test

(Goldmann or automated). Refractive error was the most prevalent diagnosis, reflective of the ocular problems found in the general population, and systemic conditions were the second largest category. Although 12 percent of all patients were referred to an ophthalmologist for further care, other types of referrals were infrequent. Referrals to a primary care physician, laboratory and imaging or for refractive surgery accounted for only eight percent of all referrals.

Ocular disease treatment was found to be an integral part of the optometrist's practice. Prescribing topical medications, both legend and over-the-counter, was a primary treatment option. The most common medications prescribed were for glaucoma, with antibiotics, anti-inflammatory and anti-allergy drops making up the remainder, in descending order.

SOURCE: Soroka M, Krumholz D, Bennett A (National Board of Examiners Conditions Domain Task Force). The practice of optometry: National Board of Examiners in Optometry survey of optometric patients. Optom 2006;77(9):427-37.

Spotlight on the Library

by Kathryn Johnston

Scary Reading

Can anything be scarier than ocular disease or biochemistry? What about Stephen King's *The Shining* or Mary Higgins Clark's *A Stranger Is Watching*? Going trick-or-treating? Maybe you should read *The Poisoned Chocolates Case* by Anthony Berkeley first.

The Library has a collection of donated paperbacks and audiotapes for your reading and listening pleasure. The fiction and nonfiction books are shelved in the carrel

by the first floor computer room and in a shelving area on the eastern corner of the second floor. They all have the call numbers RRCF (for Recreational Reading Collection Fiction) or RRCN (Nonfiction). The audio tapes are shelved behind the

second floor Media desk. They can be checked out and renewed for four weeks at a time. Perfect for travel or dark and stormy nights!

Library Hours During Exams and Fall Break

(check our website and sign for changes)

Friday, Oct. 27 8:00 am-Midnight Saturday, Oct. 28 8:00 am-Midnight Sunday, Oct. 29 10:00 am-Midnight

Monday, Oct. 30 to Friday, Nov. 3

8:00 am-Midnight

Saturday, Nov. 4 8:00 am-5:00 pm Sunday, Nov. 5 Closed Monday, Nov. 6 to Friday, Nov. 10 8:00 am-5:00 pm

Saturday, Nov. 11 9:00 am-5:00 pm

Sunday, Nov. 12

Monday, Nov. 13 Resume normal hours

Closed

Fourth Year Students

The Library will mail, fax, or email you needed books or articles while you are away on externships further than 50 miles from campus. Please call 312-949-7150 or email CShepard@ico.edu for this FREE service. You also can access VisionCite or renew your library materials from off-campus if you know your User ID and PIN. Please contact a full time staff member or email us if you need this information.

New Books

Come check out our new books! They are shelved next to the first floor Ricoh printer/photocopier. Here are some examples:

Common Cents: an Overview of Investing for Ophthalmologists and their Administrators, by Paul Arnold. HG 79 .A76 2003

Ocular Angiogenesis, edited by Carl Regillo. RE1 .07 v. 19 no. 3 2006

Selling Your Ophthalmology Practice, RE72 .S4 2004

Training That Makes Sense, by A. J. Kirshner. LB1067 .K5 2006

Atlas of Fundus Angiography, by Heimann, Kellner and Foerster. RE79 .A5 H4513 2006

Einstein Never Used Flash Cards: How Our Children Really Learn--And Why They Need To Play More And Memorize Less, by Kathy Hirsh-Pasek. LB1115.H56 2004

How Difficult Can This Be? Understanding Learning Disabilities: Frustration, Anxiety, Tension, the F.A.T. city workshop [DVD], with Richard Lavoie. CDR 114

Beyond F.A.T. city [DVD, b) Richard Lavoie. CDR 113

Abused kids: See it! Stop it! CDR 115

Color Printing and Photocopying

We have been getting lots of requests for color printing and photocopying. The Library's first floor copier (Ricoh-Color) can do color printing for 40 cents. Black and white printing AND copying cost 8 cents. If you do want to do color printing, please change the print properties before you send the job to the printer.

Click on the PROPERTIES box by the printer name, and then at the bottom, change the setting from "Black and White" to "Color."

Color and the 2nd Floor printers to automatically hole punch, print on double sides (duplex), or staple your print jobs from the PROPERTIES box options.

1

- To color photocopy, on the first floor Ricoh copier, press the COPY button.
- Press the Full Color button.
- Press the Key Card option on the touch
- Swipe your card.
- Press the button under Copy.
- Press the number of desired copies. It will incorrectly say that each copy will cost 8 cents, but in reality it costs 40 cents.
- Press the green button to begin color photocopying.

Please ask a staff member if you need assistance with printing or photocopying.

Good luck on your exams! Happy Halloween! Enjoy your fall break and we look forward to serving you in the Library!

CLASSIFIEDS

Looking for Winter Work Study??

I am looking to fill the following positions:

Suite Technician -

Mon 3:45 - 6:30 pm - Suite 2

Tue 8:45 - 11:30 am - Suite 1

Tue 3:45 - 6:30 pm - Suite 1

Thu 8:45 - 11:30 am - Suite 1

Fri 8:45 - 11:30 am - Suite 1 & 2

Calling/Recalling Patients -

Mon - Fri - any 3 hour time block

Front Desk Assistant -

Tue 9-11 am or 4-6 pm

Thu 9-11 am

Fri 9-11 am

Please let me knew if you are interested or. arozwat@ Dr. Anne Rozwat x7179

1606

arozwat@ico edu

ATTN: 3rd and 4th year students!

We need student 'doctors!'

What: CL Society Bifocoal/Multifocal Contact Lens Workshop

When: Sunday December 3rd from 10am to

Where to sign up: on the board outside 1202 (2nd floor)

Questions? Email Fileen Bush (ebush@eyedoc.ico.edu) or Melissa Misko (mmisko@eyedoc.ico.edu)

Workstudy Position Available

Do you have an hour or two available throughout your day?

VOHHA (Vision of Hope Health Alliance) is in need of dependable assistance with the everyday tasks involved with tracking and seeing our patients. These duties involve, but are not limited to, data entry, contacting patients by phone to remind of/or reschedule appointments, preparation of patient information packets, meeting with the patients to give them a survey of services received at IEI, and filing, to name just a few. If you are looking for a position, and this sounds like omething you would like to do, please contact Mary Rutherford at 7321. We look forward to hearing from you soon!

Work Study Positions Available

Immediate Openings

The Alumni Office is seeking work study students to fill temporary part-time positions for the months of October and November in support of Alumni Weekend. Duties will involve event preparations and promoting Alumni Weekend among our alumni. Days

> and times are flexible. This is a great opportunity to connect with alumni and earn some extra cash before the holidays. If interested, please contact Connie Scavuzzo at x7080 or cscavuzzo@ico.edu or stop by her office across from the cashier's

window.

R E S I D E N C I E S

residencies, please stop by Student Affairs. All residency information is located in the cabinet on the south wall.

*For more detailed information regarding

S C H O L A R S H I P S

For all scholarships and fellowships, please stop by the Student Affairs Office for more information! All scholarship information can be found in the 3rd drawer of the cabinet on the south wall.

Scholarship	hip Who's Eligible		Deadline	
Dr. Leslie Mintz Scholarship Foundation	Intent to practice in NJLegal address in NJ	\$1,000 to \$2500	November 30th	
ALCON 4 th Year Optometry Student 2007 Scholarship Award – Case Study	4th Year StudentsCase Report of ALCON product	\$1,000 National Additional \$5,000	January 31, 2007 to Student Affairs Office	

The Student Affairs Office has more information, so stop by and check it out.

FITNESS CORNER

Making Strides Against Breast Cancer

Thank you to everyone who participated and contributed to the Making Strides Against Breast Cancer Walk on Sunday, October 15. We raised over \$1,900 and had great attendance the day of the event. Thanks again for making a difference!

Massage Therapy

Do approaching finals have you stressed? Are you sore? Do you have a chronic injury such as carpal tunnel syndome, shoulder impingement or low back pain? Try a seated massage!

Sharita Davis, a certified massage therapist, provides massage at ICO. Sharita's extensive training qualifies her to work on you for problems ranging from simple stress reduction to more complex musculoskeletal problems. Table massage clients remain fully clothed, and no gils are used.

ost is \$10 per 10-minute sessions, and gift certificates are available. Sharita is

on-campus every other Wednesday. Please call Shelby at x7460 for further information, to schedule an appointment, or to purchase a gift cartificate.

The next sessions will be Wednesday, October 25.

FREE Personal Training

Are you interested in lifting weights but don't know where to begin? Perhaps your workouts are getting stale, and you'd like some new ideas? Maybe you're more motivated when you have someone telling you what to do next?

The ICO Fitness Center offers FREE personal training. Our trainers are available on an appointment-only basis to provide one-on-one training sessions. Please feel free to drop a note to any of our trainers, and they'll contact you ASAP—just don't forget to leave your full name, phone number, and preferred training time(s).

YOUR TRAINERS ARE .				
Kevin Harris	Box 542			
Donnie Hager	Box 46			
Chris Pavone	Box 220			
Emily Pott	Box 246			

FREE Fitness Services

The ICO Fitness Center offers the following fitness services: body fat analysis, fitness assessment, equipment orientation, flexibility analysis, general fitness consultation, and workout program design. For further information or to schedule an appointment, please call Shelby at x7460.

Eye on Wellness

Serving Size

Looking for another way to help keep your food portions under control? Try reducing the size of your plates, bowls and spoons. A new study published in the American Journal of Preventive Medicine suggests this technique may support weight-loss efforts because it helps people better control how much they eat.

Overall, those in the study who used the larger spoons and bowls ate nearly 57 percent more ice cream than those who used the smaller bowls and spoons. The authors note that the people were generally unaware of serving themselves more.

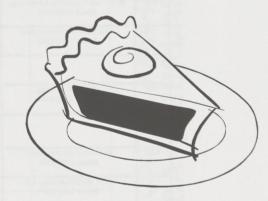
This information is provided by American Council on Exercise

Autumn Pumpkin Pie
A delicious pumpkin pie, spiced with ginger and cinnamon INGREDIENTS:

1 1/4 cups pumpkin puree, canned or fresh
3/4 cup sugar
1/2 teaspoon salt
1/4 teaspoon ground ginger
1 teaspoon ground cinnamon

- 1 teaspoon all-purpose floor
- 2 eggs, lightly beaten
- 1 cup evaporated wilk, undiluted
- 2 tablespoons water
- 1/2 teaspoon vanilla extract
- 1 unbaked pastry shell (9-inch)

Combine pumpkin, sugar, salt, spices, and flour in a medium mixing bowl. Add esgs mix well. Add evaporated milk, water, and vanilla; mix well. Pour into pastry-lined pie pan. Bake at 400° for 15 minutes; reduce heat to 350° and bake about 35 minutes longer, or until center is set.



		N AT 8:00-8:50 AM UNLESS OTHERW U WILL BE TAKING THE TEST. IT IS NOT A	
DATE	FIRST YEAR	SECOND YEAR	THIRD YEAR
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12/4 M	BHS 120.2 Geo/Theo Optics Room 1200-1203		Ba xxx 1 yac
12/5 T		BHS 254.2 Gen/Ocu Pharmacology Room 1200-1203	
12/6 W	BHS 150.2 Biochemistry II Room 1200-1203		
12/8 F		CLE 262.2 Optometry 2.2 Room 1200-1203	
12/12	BHS 106 Histology	R00m 1200-1203	CLE 367 Low Vision
T 12/13	Room 1200-1203	BHS 263.1 Ocular Disease I	Room 1201-1202
W 12/14	BHS 116.2 Physiology & Pathology	Room 1200-1203	AND TRANSPORTED TO
TH	Room 1200-1203		
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12/19 T	BHS 107 Ocular Anatomy Room 1200-1203		
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2/6 T	BHS 106 Histology Lab Final Room 1200-1203	Gistraesianum et en s	CLE 380.2 Clinic Exam Room 1201-1202

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ILLINOIS COLLEGE OF OPTOMETRY

WINTER QUARTER, 2006/2007

SCHEDULE OF WINTER FINAL EXAMS

October 16, 2006

	Saturday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	February 10	February 12	February 13	February 14	February 15	February 16	
9:00 -	BHS 107	BHS 263.1	CLE 262.2	7	BHS 106	BHS 246	CLE 270.2
11:00	Ocular Anatomy	Ocular Disease	Optometry 2.2	Libra	Histology	Visual Perception	Ophthalmic Optics III
11:30 - 1:30		BHS 150.2 Biochemistry II	CLE 162.2 X Optometry 7			BHS 116.2 Human Physiology	BHS 120.2 Geo & Theo Optics
1:45 –	CLE 376.1	BHS 360.2	BHS 363.4		BHS 245		
3:45	Strabismus & Amblyopia	Clinical Medicine II	Gen & Ocular Emergencies		Color Vision		
4:00 – 6:00	BHS 254.2 Pharmacology	ollege			CLE 367 Low Vision		



The Multifocal Workshop

(Sponsored by CooperVision)

Sunday, December 3, 2006 10:00 am to 12:30 pm

- ◆ Do you currently wear or are interested in BIFOCAL contact lenses?
- Do you want to help provide a learning experience for our student clinicians?
- We are looking for patients to participate in our workshop
- You will be compensated 50 gift card or 6
 months supply of contact lenses for your
 time
- You will be sitting as patients during this time while students by various bifocal contact lenses
- ◆ Must be present entire time
- ♦ Your <u>prescription</u> must be <u>within 1 year</u>

If interested, please contact Dr. Mindy Nguyen mnguyen@ico.edu / P:312-949-7189



Focal Point

CAMPUSNEWS

Alumni Weekend

November 17-19

Featuring Olympic Champion Bruce Jenner!

All Alumni, Students, Faculty, and Staff are invited. Don't miss this exciting opportunity to network with alumni, reminisce with your former students, and win some great prizes!

Friday, November 17th

6:30 pm - 12:00 am

Class Reunion Reception, Dinner and Hospitality Suite at the InterContinental Chicago hotel.

Saturday, November 18th (on campus)

3:00 - 5:00 pm

Student/Alumni Reception with exhibitors, raffle prizes, and free food and drinks.

5:00 - 7:00 pm

Alumni Awards Ceremony with featured guest speaker Bruce Jenner.

Raffle Drawing (must be present 3:00 - 7:00 pm)

Prizes include: \$300 and \$200 American Airlines giff certificates, iPod, golf bag, Volk wide field lens, \$100 bookstore gift certificate, hight stay at the InterContinental, Microsoft Office products, \$100 Best Buy gift certificate, and much more!

Sunday, November 19th (on campus)

8:00 am - 12:00 pm

Four hours of continuing education with lecturers Dr. Alfred Rosenbloom, Jr. and Dr. Scott Jens. Their topics will be: Strategies for Effective Treatment and Management of the Geriatric Patient and Primary Eye and Vision Care for the ofant.

All events are complimentary on Saturday and Sunday. To register, please complete a redistration form and return it to Connie Scavuzzo in the Alumni Office (across from the Cashier) before November 16th. If you have not received a registration form, they are available at the table outside the Lecture Center, online at www.ico.edu, and in Connie's office. Or, register by phone by calling extension 7080 or by email at cscavuzzo@ico.edu.

My November Guest

My Sorrow, when she's here with me,
Thinks these dark days of autumn rain
Are beautiful as days can be;
She loves the bare, the withered tree;
She walks the sodden pasture lane.

- Robert Frost, My November Guest

The next Focal Point will come out November 17, 2006. The submission deadline November 15.

Did You Know

Dr. Colip

Kids Vision Care Act Introduced in House

On Sept. 28, House Representative Vito Fossella (R-N.Y.) introduced H.R. 6227, the Kids Vision Care Act of 2006, a bill that would allow the Secretary of Health and Human Services to provide federal grants to states to provide eye exams and follow-up treatment to children identified through a vision screening or eye exam. It would also allocate funds for developing and disseminating educational materials on recognizing signs of visual impairment in children.

"There are 11 million children currently without health insurance in the United States. Many of these children suffer from correctable vision disorders, but simply cannot afford the treatment they need. These vision disorders serve as a significant impediment to normal learning development, and can cause irreversible damage if left untreated," says Mr. Fossella. The bill has been referred to the Committee on Energy and Commerce.

Survey Shows O.D.s Don't Implement Expert's Recommendations

An ongoing survey conducted by the Management & Business Academy (MBA) shows the majority of independent O.D.s do not adopt many of the "best practices" recommended by leading consultants to improve financial performance. The MBA's database included information on nearly 500 of the largest practices in the country. The survey shows:

- Financial management is a weathess for most independent O.D.s. only 21% develop a written annual budget and 47% do not define annual revenue goals. Only 14% of respondents say they are "very satisfied" with the net return of their practice.
- Most independent O.D.s spend little for marketing and promotion with the median percent of gross revenue spent on marketing at only 1.2%. About 77% of practices have a website, but 74% update

it infrequently.

Independent O.D.s say staff management is their biggest challenge with average annual staff turnover at 17%, meaning about one in six employees leaves the practice a year. Half of owners do not regularly share financial performance data with the staff and 89% have not developed written qualifications for each position. A little more than half of practices do not provide annual written performance appraisals and 33% conduct infrequent staff meetings - quarterly or less often.

The MBA has a repository of staff management tools and guidelines available free of charge at http://www.mba-ce.com. The MBA is a professional education initiative launched by CIBA Vision and Essilor of America in 2005.

Abstract: Resolution of Corneal Edema After Long-term CL Wear

Researchers at Shahid Beneshti University of Medical Sciences Department of Ophthalmology in Pehran, Iran, recently evaluated the conseal thickness changes after soft contact lens removal in LASIK candidates. Participants included 100 eyes on a daily wear schedule for at least six months. Investigators used pachymetry to measure central corneal thickness (CCT) immediately after lens removal and daily until it stabilized.

CCT measured 557.4 +/-32 microns immediately after lens removal, and 521.8 +/-25 microns after the edema resolved, which took two to fifteen days after discontinuation of lens wear. Corneal thickness stabilized in 74% of patients within the first week and 26% during the second week. Older patients and patients with more primary corneal edema needed longer to recover.

The authors of the study recommend discontinuing soft contact lens wear at least 15 days before keratorefractive surgery to achieve accurate pachymetry.

Nourouzi H, Rjavi J, Okhovatpour MA. Time to

resolution of corneal edema after long-term contact lens wear. Am J Ophthalmol. 2006 Oct;142(4):671-3.

SVOSH Frame Sale

Tuesday, November 14th, 2006

Everyone is welcome to the annual SVOSH

Frame Sale event that will be taking place on Tuesday, November 14th in the gym from 10:00 am-3:00 pm. There will be both men and women frames as well as sunglasses and "readers" that you can purchase for 25-50% off wholesale prices! Payment will be via your student account or check. Companies that will be present include: Maui Jim Sunglasses, ProDesign, A&A Optical, Europa, Silhouette, and i2i. NEW this year is a raffle that you can enter to win a free pair of sunglasses or frames. Raffle tickets will be sold 1 for \$2.00 or 3 for \$5.00. Information on affordable lenses will be available as well. This is a great opportunity to purchase some awesome frames for you and your family/friends at unbelievable prices! Please bring along a hand-held mirror so you can see yourself in these great frames! Katie Tancabel (ktancabel@ Contact eyedoc.ico.edu) with any questions.

SVOSH Water Bottle Sale

November 15th and 16th, 2006

SVOSH will be selling water bottles outside of 1200 on both Wednesday Mov. 15th and Thursday Nov. 16th from 11:00am-2:00pm. You will be able to choose from a green or blue 18 oz. water bottle. The price per water bottle is \$10.00 and can be charged to your student account. These will make wonderful holiday presents for family and friends! Contact Katie Tancabel (ktancabel@eyedoc.ico.edu) with any questions.

Note Service News:

The Student Note Service has evolved over the years, always in the hopes of making the challenge of studying and learning more manageable. With the birth of The View, came electronic Note Service groups, through which subscribers could access notes from anywhere and at anytime. Now our most recent change is sure to save the loyal subscriber some cash. Starting Winter Quarter 2006 there will be new low subscriber fees:

1st and 2nd year students: \$70
 3rd year students: \$55
 Thank you for subscribing to the Note

Intramural Sports

Service! Happy Studying!

As always, intramural football at ICO was a lot of fun and gave all participants a great opportunity to blow off some steam on Saturday afternoons. This year marked the first time that two all female teams participated in intramural football. The girls definitely added to the excitement and level of competition throughout the season, and we look, forward to much more female involvement with football and all intramural sporting events this year.

Congratulations to the guys from the Class of 2009 for dominating the field and gaining the title of 2006 Champions. The enthusiastic and high spirited girls from the Class of 2008 surprised many people with their athleticism and competitive nature as they claimed the consolation championship. Congratulations to both teams, and thank you to all competitors for participating this year.

Keep your eyes and ears open for emails, announcements and sign up sheets for the intramural basketball season which will begin next quarter! Good luck!

SA Events

12 Bars: Saturday, December 9th, 2006

It's never too early to get into the holiday season! The annual Student Association 12 Bars event is coming up fast so mark your calendars, more information about location and times will follow.

Student and Resident Travel Fellowship Winners

In an effort to promote its research aims and to infuse an appropriate mix of young members into the Academy, the Academy provides student travel fellowships. These fellowships are designed to encourage optometry students, optometric residents, and students in eye and vision related graduate programs to attend key national meetings and exchange scientific ideas on research. Eligible students are those who are currently enrolled full-time or have graduated/completed residency within a year of the meeting they wish to attend.

Illinois College of Optometry Winners:

Eric Baas Ramona Baumfalk Jennifer Harthan Kelly Thompson

Congratulations

Kelly Oliver, class of 2010 has won an American Academy of Optometry student registration to the Academy meeting Denver in December.

CE Seminar for Students and Faculty

Hoyalux ID, The First Integrated Double Surface Progressive Lens

Plan to join us for this ABO-approved seminar series, presented by Dr. Neil Sika. Experience firsthand the cutting-edge technology behind many of Hoya's lenses. All attendees will receive credit for one hour of continuing education as well as free technology gifts

from Hoya. Refreshments will be provided.

When: Wednesday, November 15, 2006

Time: 6:00 - 8:30 pm

Where: Carlucci in Rosemont

6111 North River Road Rosemont, IL 60018

Phone: 847-518-0990

Spotlight on the Library

by Kathryn Johnston

Library hours during Exams Through Thanksgiving

(check our website and sign for changes)

Friday, Nov. 3 7:00 am-Midnight Saturday, Nov. 4 8:00 am-5:00 pm

Sunday, Nov. 5 Closed

Mon. thru Fri., Nov 6 -10 8:00 am-5:00 pm

Saturday, Nov. 11 9:00 am-5:00 pm

Sunday, Nov. 12 Closed

Monday, Nov. 13-Friday, Nov. 17 8:00 am-Midnight 8:00 am-5:00 pm 9:00 am-5:00 pm

Sunday, Nov 9 Closed

Mon & Tue., Nov. 20 & 21 8:00 am-5:00 pm Wednesday, Nov. 22 8:00 am-3:00 pm Thu to Sun., Nov. 23 - 26 Closed

Poster

Drs. Maino and Tahir authored the poster on display in the library lobby: "Young Child with Capillary Hemangioma: Case Report and Review." Please stop by and view the work of your faculty. Be sure to direct all questions to the authors.

Student Workers Needed for Quiz Mornings

The Library needs one First and one Third Year workstudy student to open the Library at 7:00 am on their class' quiz mornings. Please contact Sarah Morris, Serials Librarian, if interested in this early shift. If we do not have student workers for these hours, the Library

will not open early on quiz days during the Winter Quarter. Thanks for your help.

New Books

The Library tries to cover other research areas that might be useful to the ICO community. For instance, do your friends and family assume because you are or will be an optometrist, you can diagnose and treat the family pet? The Library does have a small collection on veterinary ophthalmology. They are shelved in the SF890-SF892 section, except for the following, which is with the new books across from the first floor photocopier machine.

Veterinary Ophthalmology: a manual for nurses and technicians, by Sally Turner. SF891.T87 2005

In addition, we purchase books in other fields of health and medicine to benefit our users. The Library has several textbooks on women's health, gynecology, obstetrics and fetal development in the RG section, including this new book:

CLASSIFIEDS

TO: 3rd and 4th Year Students

FROM: Dr. Trachimowicz

RE: OCULAR ANATOMY TA POSITIONS

TA Positions are available on the following days and times for Ocular Anatomy Lab:

Tues. 9am -11am - 1 position open

Tues. 11am-1pm - 1 position open

Wed. 9am -11am - 1 position open

Wed. 11am-1pm - 1 position open

Thurs. 9-11am - 3 positions open

Thurs. 11am-1pm - 3 positions open

There is ab the first week of classes: Dissection of the sheep eye and review of overall eyeball anatomy using ocular histology slites.

To be eligible you must have a desire to

teach during the lab (not socialize), come prepared to lab, be willing to assist with the practical at the end of the quarter and have done well in the Ocular course (B+ or higher). Phone (x7180) or email me if interested. Thanks for considering it.

Winter Work Study??

Suite Technician: Tue 8:45 - 11:30 am Suite 1

Calling/Recalling Patients: Mon - Fri- any 3 hour time block

Front Desk Assistant: Tue 4-6 pm Fri 9-11 am

Please contact Dr. Rozwat if you are interested at x7179 or arozwat@ico.edu

ATTN: 3rd and 4th year students!

We need student 'doctors!'

What: CL Society Bifocoal/Multifocal Contact Lens Workshop

When: Sunday December 3rd from 10am to

Where to sign up: on the board outside 1202 (2nd floor)

ebush@eyedoc.ico.edu) or Melissa Misko (mmisko@eyedoc.ico.edu)

Workstudy Position Available

Do you have an hour or two available throughout your day? VOHHA (Vision of Hope Health Alliance) is in need of dependable assistance with the everyday tasks involved with tracking and seeing our patients. These duties involve, but are not limited to, data entry, contacting patients by phone to remind of/or reschedule appointments, preparation of patient information packets, meeting with the patients to give them a survey of services received at IEI, and filing, to name just a few. If you are looking for a position, and this sounds like something you would like to do, please contact Mary Rutherford at 7321. We look forward to hearing from you soon!

RESIDENCIES

New York

State University of New York State College of Optometry

Affiliated Residency Programs:

Cornea and Contact Lenses

Family Practice Optometry

Family Practice/Ocular Disease Optometry

Low Vision Rehabilitation

Ocular Disease Optometry

Pediatric Optometry

Primary Eye Care Optometry

Vision Rehabilitation (Acquired Brain

Injury)/Primary Eye Care Optometry

Vision Therapy and Rehabilitation

VA Ocular Disease/Primary Eye Care Optometry

VA Primary Eye Care Optometry

VA Primary Eye Care /Ocular Disease Optometry

VA Primary Eye Care/Vision Therapy and Rehabilitation (Low Vision)

Visit the website at:

www.sunyopt.edu/academics/res.shtml or check out the residency drawer in the New York file in the Student Affairs Office.

*For more detailed information regarding residencies, please stop by Student Affairs. All residency information is located in the cabinet on the south wall.

S C H O L A R S H I P S

For all scholarships and fellowships, please stop by the Student Affairs Office for more information! All scholarship information can be found in the 3rd drawer of the cabinet on the south wall.

Scholarship	Who's Eligible	Amount Deadline
Dr. Leslie Mintz Scholarship Foundation	Intent to practice in NJLegal address in NJ	\$1,000 to November 30th
ALCON 4 th Year Optometry Student 2007 Scholarship Award – Case Study	 4th Year Students Case Report of ALCON product 	National Additional \$5,000 Additional \$5,000 Additional \$5,000

The Student Affairs Office has more information, so stop by and check it out.

FITNESS CORNER

Massage Therapy

Do you need to relax now that finals are over? Are you sore? Do you have a chronic injury such as carpal tunnel syndrome, shoulder impingement or low back pain? Try a seated massage!

Sharita Davis, a certified massage therapist provides massage at ICO. Sharita's extensive training qualifies her to work on you for problems ranging from simple stress reduction to more complex musculoskeletal problems. Table

massage clients remain fully clothed, and no oils are used.

Cost is \$10 per 10-minute sessions, and gift certificates are available. Sharita is on-campus every other Wednesday. Please call Shelby at x7460 for further information, to schedule an appointment, or to purchase a gift certificate.

The next sessions will be Wednesday, November 8.

FREE Personal Training

Are you interested in lifting weights but don't know where to begin? Perhaps your workouts are getting stale, and you'd like some new ideas? Maybe you're more motivated when you have someone telling you what to do next?

The ICO Fitness Center offers FREE personal training. Our trainers are available on an appointment-only basis to provide one-on-one training sessions. Please feel free to drop a note to any of our trainers, and they'll contact you ASAP—just don't forget to leave your full name, phone number, and preferred training time(s).

YOUR TRAINERS ARE					
Kevin Harris	Box 542				
Donnie Hager	Box 46				
Chris Pavone	Box 220				
Emily Pott	Box 246				



FREE Fitness Services

The ICO Fitness Center offers following fitness services: body fat analysis, fitness assessment, equipment orientation, flexibility analysis, general fitness consultation, and workout program design. For further information or to schedule an appointment, please call Shelby at x7460.

Eye on Wellness

Fresh Cut Fruit

Do you shy away from the fresh cut fruit section of your grocery store and opt to dice up fruit on your own? If you are doing so because you want to get the most nutrients out of the produce, you can put away your peelers and knives. A new study reported in the May 12 issue of the Journal of Agricultural and Food Chemistry found that cutting packaging fruit has no effect on its vitamins and other antioxidants-even after the fruit was kept in the refrigerator for up to 9 days! This makes getting your daily recommended servings of fruit easier, as you can prepare fresh-fruit treats ahead of time and enjoy them for a longer period.

information is provided by IDEA itness Journal

Tech Tip

1) ICO Student, Faculty/Staft Savings

Students, Faculty & Staff save up to 80% off retail through the Student/Faculty Select program offered by TRC Solution. TRC offers discount on Microsoft Office, Windows XP, Symantec etc. Here is the website link https://www.shoptrc.com/savings/fiicu/Default.aspx

2) You can purchase a new Dell PC with up to a 12% discount.

To order by phone, call a Dell sales representative at 1-800-695-8133 to assist you with your purchase. If calling, please be sure to mention your Member ID: US58502394 to ensure you get your special allinaiscoup
Ahmed discount.



The Multifocal Workshop

(Sponsored by CooperVision)

Sunday, December 3, 2006 10:00 am to 12:30 pm

- Do you currently wear or are interested in BIFOCAL contact lenses?
- ◆ Do you want to help provide a learning experience for our student clinicians?
- We are looking for patients to participate in our workshop
- You will be compensated \$50 gift card or 6
 months supply of contact lenses for your time
- You will be sitting as patients during this time while students fit various bifocal contact lenses
- Must be present entire time
- ♦ Your prescription must be within 1 year

If interested, please contact Dr. Mindy Nguyen E: mnguyen@ico.edu / P:312-949-7189



Focal Point

CAMPUSNEWS

RA Applications

Outside of your studies, are you looking to participate in a rewarding and fun challenge? If so, please stop by the Student Affairs office and pick up a 2007-2008 RC Resident Assistant (RA) application or download an application from the Intranet. RAs serve an important role here at ICO in that they are a voice between the students, faculty, and staff. RAs have the ability to build many different outstanding relationships at the college by

placed in this being leadership role. If this opportunity sparks your interest, applications are currently available in the Student Affairs Office. Applications must be submitted by Thursday, December 14th at noon. If you have any questions about the position please feel free to contact an RA to find out more about it!

Sports Vision University

Game seven of the World Series, Finals at Wimbledon, Stanley Cup slayoffs, high school football under the infamous "Friday Night Lights". What do these athletes and others like them have in common? They need to see to play! Who has the ability to help their vision perform at its peak? You!! Which is why Sports Vision University is coming to ICO! The AOA Sports Vision Section is sending world class optometrists to inform, educate, demonstrate, and inspire you on the practice of sports vision. Friday December 1, 2006 from 3:30 pm till 9 pm is all about sports vision. There will be dinner, door prizes,

certificate of completion.

Mark your calendars because this is an event you won't want to miss.

More information will be coming so keep an eye on your email and mailboxes.

Chinatown Outing

Upcoming MCA Outing on Saturday, Dec 2nd! Mark your calendars for our next MCA outing to Chinatown! Join us for yummy Chinese food and a fun time of karaoke! Locations and details TBA.

Thanksgiving The year has turned its circle The seasons come and go.

The seasons come and go.
The harvest all is gathered in
And chilly north winds blow.

Orchards have shared their treasures

The fields, their yellow grain, So open wide the doorway-Thanksgiving comes again!

dd Traditional Poem



SA Events

12 Bars: Saturday, December 9th, 2006

It's never too early to get into the holiday season! The annual Student Association 12 Bars event is coming up fast so mark your calendars, more information about location and times will follow.

Shuttle Bus Schedule Changes

Effective November 13, 2006

Hank Meyer

Southbound to ICO

The bus now continues east on 31st Street to Michigan Ave and stops at Gunsaulus Hall which is just north of 32nd Street. It continues south to 33rd Street and goes west and stops at 33rd and Wabash. The next stop is on 33rd Street on the west side of State Street before going to the Herman Union Building.

Northbound to Train Stations

They eliminated the following stops: 35th and State for IIT Personnel and east side of 33rd and State by the new IIT Student Center. This was a later evening stop. All Northbound Buses originate at the Herman Union Building. Go to the North Entrance of the building. The south entrance is under construction.

New schedules are posted in the Circle Student Lounge and in the Student Affairs Office.

AOSA Applications

AOSA National Liaison applications are now being accepted. What is an AOSA National Liaison? It is the direct link that the AOSA has with national optometric organizations including AAO, APHACAOA-PAC, AFOS, ASCO, COVD and OEPF. Responsibilities include communicating between the AOSA and the organization, communicating with local liaisons at the schools and colleges of optometry, promoting and introducing your

organization to optometric students, attending the notional conferences held by the organizations, etc. Applications are due by January 2, 2007. See the AOSA board in the President's Lounge for more information and an application.

Fellowship Program

The American Optometric Foundation (AOF) is delighted to acknowledge Carl Zeiss Vision for its generosity in establishing a new fellowship program, the AOF Carl Zeiss Vision (CZV) - Fellowship. The AOF Carl Zeiss Vision Fellowships honor outstanding achievement by third year optometry students.

One \$5,000 award will be given to a student at each of the schools and colleges of optometry in the United States, Canada, and Puerto Rico; nineteen (19) awards in total. In addition to the education award, Carl Zeiss Vision will pay for the registration and travel costs for each of the GZV Fellows to attend the American Academy of Optometry annual meetings during the student's fourth year and the first year after graduation. The program will begin in spring 2007.

Carl Zeiss Vision, intends to stay in communication with the CZV Fellows in the ensuing years. It is the intention of CZV to have a panel of Carl Zeiss Vision Scholars selected from among the CZV Fellows who may meet from time to time.

Application and Review Procedures

The appropriate award selection committee at each of the schools/colleges of optometry will select the three to five students who meet the eligibility requirements and best demonstrate the qualities detailed in the above

criteria and forward those names to the AOF. The AOF will not accept applications directly from students. For more Information check out the scholarship file in the Student Affairs Office

Attention Third Years-Graduation Pictures

Please note – for planning purposes (hair cuts, perms, etc.)
Paul Studios will take graduation pictures on Tuesday and Wednesday, December 12 and 13th 2006 from 8 a.m., - 4 p.m. in the Gym. Sign-up sheets are posted on the third year bulletin board.

Did You Know

Dr. Colip

ZADITOR APPROVED FOR OTC USE. Novartis Pharmaceuticals announced that the FDA has approved prescription Zaditor (ketotifen fumarate ophthalmic solution 0.025%), which is indicated for the temporary prevention of itchy eyes due to allergic conjunctivitis, for over-the-counter use. The drug provides up to 12 hours of relief with one application and is safe for use in children ages 3 and older. In clinical studies, the drug was well tolerated with only mild adverse effects in some instances. Zaditor does not contain a decongestant and may be used without risk of rebound redness. The drug was approved in prescription form in 1999; it will be available as an over-the-counter treatment nationwide beginning 2007.

Ulcerative Keratitis Associated with Crack Cocaine Abuse

Cocaine hydrochloride is powerful neurostimulatory alkaloid salt which has been abused by many cultures for thousands of years. Crack cocaine, a carivative of cocaine, has gained notoriety for giving a quick "high" at a relatively lower cost. Crack cocaine exposure has been reported to cause corneal disturbances ranging from subtle superficial punctuate keratitis to perforation.

A 42-year-old African-American female presented complaining of mucopurulent discharge and pain in her left eye for a month. No history of trauma, contact lens wear or

surgery was elicited, and she admitted to chronic polysubstance abuse. A deep, paracentral stromal ulcer was present in the left cornea. The patient was hospitalized for culturing and empiric topical therapy. Toxicology screens proved positive for cocaine and heroine. Initial response to treatment was promising, yet the patient discharged herself against medical advice and was lost to follow-up. Cultures were positive for Candida albicans.

Practitioners should be familiar with the toxic effects that crack cocaine abuse may have on ocular tissues. This case demonstrated the value of hospitalization, toxicology screenings and cultures in the management of the keratopathy associated with atypical Corneal abuse. epithelial substance disruption and stromal ulceration without a history of contact lens wear, trauma, surgery, predisposing keratopathy or immunodeficiency warrants thorough investigation of patient social habits.

SOURCE: Pilon AF, Scheiffle J. Ulcerative keratitis associated with crack-cocaine abuse. Cont Aens Anterior Eye 2006; Oct 17 [Epub ahead of print].

Blind Mice See After Retina Cell Transplant

Kathryn Johnston Information Systems Librarian

A new study found that the retinal cells from newborn mice which were transplanted into the eyes of blind adult mice connected correctly and helped the adult mice detect light. Photoreceptor loss causes irreversible blindness in retinal diseases such as macular degeneration or retinitis pigmentosa. Scientists have been searching for ways to create new, healthy retina cells to treat these conditions. Previous efforts to implant retinal or brain stem cells had failed since the new cells did not integrate into the retina.

Researchers led by Anand Swaroop at University of Michigan, Ann Arbor, and Robin

Ali at University College London, UK showed that newborn cells already predisposed to become photoreceptor cells could successfully integrate into the retina and allow the eyes of previously blind mice to react to light.

The experiment was published in the journal, *Nature* on November 9, 2006 (V. 444 no. 7116, pages 203-7) and can be read in full at the ICO Library.

Tech Tips

Ahmed Mohammad

Here are some of the ICO website addresses.

- 1) ICO main web page: www.ico.edu
- Faculty and Staff can access groupwise email from home: http://eyecare.ico.edu (you will need your password)
- Website address to view ICO phone directory: http://twp.ico.edu
- 4) To view the current events at ICO: http://intranet.ico.edu
- 5) Illinois Eye Institute IEI: www.iei.ico.edu

About Using Groups to Address Items

A **group** is a list of users or resources you can send messages to. Use groups to send a message to several users or resources by typing the group name in the To, BC, or Co text boxes. There are two types of groups public and personal.

A public group is a list of users created by the system administrator. It is available for use by each GroupWise® user. For example, there may be a public group for the Accounting Department. Each employee in Accounting is included in the group. Public groups are listed in the system address book.

A personal group is a group created by you. For example, if you often send an appointment to your work group, you can

include each co-worker's address or name and a meeting place (a resource) in a personal group.

Groups are marked with the two little people icon, and are displayed in both the left and right panes of the open address book.

Here are the most commonly use public groups in Novell GroupWise Novell address book

Group name - group members
Everyone - faculties and staff
Faculty - faculty members
Allstudents - all ICO students
Everyone - all ICO faculty and staff only
07students - students graduating year 2007
08students - students graduating year 2008
09students - students graduating year 2009

To create and save a personal group

10students - students graduating year 2010

- 1) Click Address List on the toolbar.
- Click the personal address book you want to add this group to.
- 3) Click New on the toolbar > Group > OK.
- 4) Type a name for the group.
- 5) Type comments, such as a description of the group.
- 6) Click Add.
- Click To, CC, or BC > double-click or Ctrl+click and drag the users and resources for your group.

If the users you want to add are in a different address book, click the address book on the Look In drop-down list.

To filter the list of entries by contacts, groups, or resources, click an option on the drop-down list.

- 8) To add an entry that is not in an existing address book, click New Contact > fill in the information > click OK > double-click the entry.
- 9) Click OK twice.

Spotlight on the Library

by Kathryn Johnston

Library hours for Thanksgiving

(check our website and sign for changes)

Friday, Nov. 17

8:00 am-5:00

pm

Saturday, Nov. 18

9:00 am-

5:00 pm

Sunday, Nov. 19

Closed

Monday, Nov. 20-

8:00 am-5:00 pm

Tuesday, Nov. 21 Wednesday, Nov. 22 8:00 am-5:00 pm 8:00 am-3:00 pm

Thursday, Nov. 23-

Closed

Sunday, Nov. 26

Closed

Monday, Nov. 27-

Normal hours

Spectacles Display

Antique spectacles and optical equipment are on display in the glass cases in the Library lobby. The exhibit is from the Illinois College of Optometry museum collection and was organized by Felicia Filbin. We hope you enjoy viewing these historic artifacts.

New Books

The Library does not just buy books on eyes and vision, such as the new edition of Brooks' **Ophthalmic** and Borish's System of 2007) Dispensing (RE962 .B76 and Borish's Clinical Refraction Benjamin's (RE925. B6 2006). In addition, we purchase books in other fields of health and medicine to benefit our users. The Library has several textbooks on women's health, gynecology, obstetrics and fetal development in the RG section, including this new bes

Berek & Novak's Synecology, 14th ed., Jonathan S. Berek, G 01.N6 2007

The Library as Spanish medical and optometric dictionaries as well such as:

English-Spanish Spanish-English Medical Dictionary, by Glenn T. Rogers. R121.R626

The Library received two new statistics books:

Statistical Evidence in Medical Trials: what do the data really tell us? by Stephen Simon. R853.C55 S565 2006

Using and Interpreting Statistics: a practical text for the health, behavioral and social sciences, by Eric W. Corty. QA276.12 .C675 2007

Happy Thanksgiving and we look forward to seeing you in the Library!

CLASSIFIEDS

Student Worker Needed for Quiz Mornings

The Library needs one Third Year workstudy student to open the Library at 7:00 am on their class' quiz mornings. Please contact Sarah Morris, Serials Librarian, if interested in this early shift. If we do not have a student worker for those days, the Library will not open early on Third Year quiz days during the Winter Quarter. Thanks for your help.

Tutoring

Aryone interested in tutoring grades 1st-8th this quarter? Looking to give back to your community or work with children? Drake Elementary ICO Tutoring Program is the perfect place for you. Please email Kathryn Baruch at kbaruch@eyedoc.ico.edu for more information.

Workstudy Position Available

Do you have an hour or two available throughout your day? VOHHA (Vision of Hope Health Alliance) is in need of dependable assistance with the everyday tasks involved with tracking and seeing our patients. These duties involve, but are not limited to, data entry, contacting patients by phone to remind of/or reschedule appointments, preparation of patient information packets, meeting with the patients to give them a survey of services received at IEI, and filing, to name just a few. If you are looking for a position, and this sounds like something you would like to do,

please contact Mary Rutherford at 7321. We look forward to hearing from you soon!

RESIDENCIES

Brochures from Pacific University College of Optometry

Includes information on the following programs:

- Primary Eye Care (Roseburg VA, Oregon)
- Primary Eye Care/Refractive and Surgical Co-Management (Wainright VA, Walla Walla, WA)
- Ocular Disease/Refractive and Ocular Surgery (Eyecare Associates of Nevada, Reno)

- 4) Primary Eye Care/Geriatric Optometry (Spokane VA)
- 5) Primary Eye Care (Portland VA)
- Geriatric Optometry/Primary Care (VA Puget Sound, Tacoma, WA)
- Contact Lens and Primary Care (Alaska Eye Care Centers, Anchorage, AK)
- 8) Vision Therapy and Rehabilitation Pediatric Optometry (PUCO)
- 9) Cornea and Contact Lenses (PUCO)

*For more detailed information regarding residencies, please stop by Student Affairs. All residency information is located in the cabinet on the south wall.

S C H O L A R S H I P S

For all scholarships and fellowships, please stop by the Student Affairs Office for more information! All scholarship information can be found in the 3rd drawer of the cabinet on the south wall.

All scholarship information	on can be found in the 3" drawer o	the cabinet on	the south wall.
Scholarship	Who's Eligible	Amount	Deadline
Dr. Leslie Mintz Scholarship Foundation	Intent to practice in NJLegal address in NJ	\$1,000 to	November 30th
Varilux Student Grant Award Program	 3rd and 4th Year Case Report in electronic format 	\$1,000	January 5, 2007 to Student Affairs Office
ALCON 4 th Year Optometry Student 2007 Scholarship Award – Case Study	4th Year Students Case Report of ALCON product	\$1,000 National Winner gets an additional \$5,000	January 31, 2007 to Student Affairs Office
Jewish Federation of Metropolitan Chicago Academic Scholarship Program	 Legal domicity in the greater Chicago metropolitan area. Jewish students with promise 	\$500,000. available funds	To apply go to www.jvschicago.org
AOF Carl Zeiss Vision (CZV) Fellowship	• 3 rd Cear Students • One page statement • Ourriculum Vita Submit as a PDF flie	\$5000	March 7, 2007 to Student Affairs Office
HOYA Vision Care Grant and Scholarship Program	 3rd and 4th Year Submit Patient Case study involving HOYA products 	\$1000 National Winner gets an additional \$6,000	April 1 st to Student Affairs

The Student Affairs Office has more information, so stop by and check it out.

FITNESS CORNER

Massage Therapy- New Day and New Therapist!

Do the approaching holidays are you feeling stressed? Are you sore? Do you have a chronic injury such as carpal tunnel syndrome, shoulder impingement or low back pain? Try a seated massage! Regina Gray, a certified massage therapist, provides massage at ICO. Regina's extensive training qualifies her to work on you for problems ranging from simple stress reduction to more complex musculoskeletal problems. Table massage clients remain fully clothed, and no oils are used.

Cost is \$10 per 10-minute sessions, and gift certificates are available. Regina is on-campus every other Thursday. Please call Shelby at x7460 for further information, to schedule an appointment, or to purchase a gift certificate.

Sharita Davis will be here on Wednesday, November 29 for the last time before her maternity leave. Regina Gray will be here on Thursdays starting in December.

FREE Personal Training

Are you interested in lifting weights but don't know where to begin? Perhaps your workouts are getting stale, and you'd like some new ideas? Maybe you're more motivated when you have someone telling you what to do next?

The ICO Fitness Center offers FREE personal training. Our trainers are available on an appointment-only basis to provide one-on-one training sessions.

Please feel free to drop a note to any of our trainers, and they'll contact you

ASAP—just don't forget to leave your full name, phone number, and preferred training time(s).

YOUR TRAINERS ARE				
Kevin Harris	Box 542			
Donnie Hager	Box 46			
Chris Pavone	Box 220			
Emily Pott	Box 246			

FREE Fitness Services

The ICO Fitness Center offers the following fitness services: body fat analysis, fitness assessment, equipment orientation, flexibility analysis, general fitness consultation, and workout program design. For further information or to schedule an appointment, please call Shelby at x7460.

Eye on Wellness Cut the Soda

An extra can of social each day can add as much as 15 pounds in a single year, warned a report in the August

Nutrition. According to the researchers, soda and other sugary beverages might be the cause for the rising global obesity epidemic. The researchers found a positive link between greater intake of sugar-sweetened beverages and weight gain in both adults and children. This should not be too much of a surprise, as this study found a single 12-ounce can of soda provided the equivalent of 10 teaspoons of table sugar!

Although more research is needed, the authors concluded that enough evidence exists for public strategies to discourage the consumption of sugary drinks as part of a healthy lifestyle.

This information is provided by IDEA Fitness Journal

WINTER QUARTER FITNESS CLASS SCHEDULE

Beains November 13, 2006

Monday	Tuesday	Wednesday	Thursday	Friday
12:30 - 1:30 pm		12:30 - 1:30 pm	12:30 - 1:15 pm	
Total Body		Athletic	Pilates Mat	
Strength		Conditioning	Shelby	
Shelby		Shelby		
5:00 - 6:00 pm		5:15 - 6:15	is reduced a salt. Para	erstrik k NOSO ker
Bellydancing		Yogalaties	um behated e vi	
Melissa		Kristie	La Pagislasykragetiki	

Class Descriptions:

Athletic Conditioning: Keep yourself moving with alternating segments of strength training and cardio--all levels are welcome, but be prepared for a challenge!

Bellydancing-The class format will cover basic belly dancing moves and use a building block format. Whether you want to learn a new dance style or get some great exercise this is the class for you!

Pilates Mat: Pilates uses breath work and slow executed movements to strengthen the core muscles abdominals, glutes, lower back, and hip flexors. It also lengthens the spine, strengthens and elongates muscles, and increases body awareness and flexibility. This class uses a building block format.

Total Body Strength: Get a total body workout using free weights, tubing, stability balls, BOSUS and oiditled by Ilinois College of Optometry I exercises for the core!

Yogalaties: A class combining elements of Pilates and Yoga to help strengthen the mind and body.

ILLINOIS COLLEGE OF OPTOMETRY

WINTER QUARTER, 2006/2007

SCHEDULE OF WINTER FINAL EXAMS

October 16, 2006

	Saturday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	February 10	February 12	February 13	February 14	February 15	February 16	February 17
9:00 -	BHS 107	BHS 263.1	CLE 262.2	N	BHS 106	BHS 246	CLE 270.2
11:00	Ocular Anatomy	Ocular Disease	Optometry 2.2	Libia.	Histology	Visual Perception	Ophthalmic Optics III
11:30 - 1:30		BHS 150.2 Biochemistry II	CLE 162.2 Optometry	3		BHS 116.2 Human Physiology	BHS 120.2 Geo & Theo Optics
1:45 –	CLE 376.1	BHS 360.2	BHS 363.4		BHS 245		
3:45	Strabismus & Amblyopia	Clinical Medicine II	Gen & Ocular Emergencies		Color Vision		
4:00 -	BHS 254.2	600			CLE 367 Low Vision		
6:00	Pharmacology	ollo			LOW VISION		

WINTER 2006-2007 EXAM SCHEDULE

SECOND YEAR 70.2 Ophthalmic Optics II Room 1200-1203	THIRD YEAR
	The stay
4.2 Gen/Ocu Pharmacology Room 1200-1203	70 82 815
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E 262.2 Optometry 2.2 Room 1200-1203	000111
	CLE 367 Low Vision Room 1201-1202
263.1 Ocular Disease I Room 1200-1203	2 3 3
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HS 245 Color Vision	CI = 376 4 Ctd 0 Amble of
Room 1200-1203	CLE 376.1 Strb & Amblyopia Room 1201-1202
246 Visual Perception Room 1200-1203	CE
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70.2 Ophthalmic Optics II Room 1201-1202	ants to 31918
	BHS 360.2 Clinical Medicine II
Persp on Behavioral Disorders Room 1200-1203	1
	(0)
	BHS 363.4 Ocular Emergencie:
1.2 Gen/Ocu Pharmacology Room 1201-1202	V
E 262.2 Optometry 2.8 Room 1201-1202	
200	Cle 367 Low Vision Room 1201-1202
263.1 Octian Disease I Room 1201-1202	8 818
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246 Visual Perception Room 1201-1202	
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70.2 Ophthalmic Optics II Room 1201-1202	5 9/5
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HS 245 Color Vision Room 1200-1203	BHS 360.2 Clinical Medicine II Room 1201-1202
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Persp on Behavioral Disorders Room 1200-1203	8 B 7 S
4.2 Gen/Ocu Pharmacology Room 1200-1203	1888
	CLE 380.2 Clinic Exam
	Room 1200-1203 4.2 Gen/Ocu Pharmacology

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Focal Point

CAMPUSNEWS

From the Mailroom:

To all of the Holiday Shippers:

The mailroom has three types of services available for Holiday Package Shipping: You are responsible for boxing, wrapping and providing a Street Address, no P.O. Boxes are allowed. (Packing materials are available in the mailroom at no charge)

United States Postal Service is available however, your packages can not be insured or tracked. If you require insurance or tracking and want to use the US Postal Service it would be best to take your package to a Postal Facility. Christmas Cards can be sent from this location. Payment is expected at time of service.

United Parcel Service is available from this location. We process, Next Day, Second Day, Three Day Select and UPS Ground. We can weigh and process your shipment. You packages will be insured, automatically, for up to \$100.00. Extra insurance is an additional charge. You will be provided with a copy of the UPS Tracking number. (www.UPS.com) Payment is expected at time of service.

Federal Express Service is available; however we only process Next Day and 2nd Day from this location. We CAN NOT process FedEx Ground Shipments. FedEx charges will be billed to your student account or the Business Office will bill Staff and Faculty directly.

I heard a bird sing
In the dark of December
A magical thing
And sweet to remember.
'We are nearer to Spring
Than we were in September,'
I heard a bird sing
In the dark of December.

- Oliver Herford, I Heard a Bird Sing

If you have any questions regarding shipment of Holiday Packages please contact Daisy X7085 or Diane at X7087.

This is the UPS Holiday Schedule for 2006 December 21, Thursday: Normal UPS Delivery packages will be sorted and notices put in mailboxes.

UPS will pick up as scheduled. However because of the Holiday Luncheon we will finish processing UPS at 12:30 p.m. All outgoing UPS will be delivered to the dock at 1:00 p.m.

December 22, Friday: College is closed but UPS will deliver. If you are expecting anything and want to come to the College and see if it is here please check with Security FIRST, Only Security can allow you on the Dock to check for a package. Security will not go to the dock and see if your package has arrived, that is your responsibility.

The next Focal Point will come out December 15, 2006. The submission deadline December 13.

For those of you expecting packages at home:

Be aware that UPS will be delivering Next Day and Second day packages on Saturday, December 23rd.

No UPS will be delivered on Sunday, December 24 or Monday, December 25th

Counseling Office News

Counseling & Enrichment Office is Moving
Beth Karmis' office has been relocated to
Room 2215 (on the 2nd floor, next to the upper
door of 1201). Her phone number stays the
same – ext. 7415.

ICE numbers

Do you have a cell phone? Do you have an ICE number programmed in your cell phone? ICE stands for *In Case of Emergency*. If you are ever in an emergency situation where you can't speak for yourself, an ICE number listed on your cell can be extremely helpful for emergency care personnel and police.

Tips to beat the holiday blues

I'd like to share the following article, presented here with permission of my colleagues at Savannah College of Art & Design - Tamara Knapp-Grosz, Ph.D., and Don Musick, MA, CACII, CCS

Students often mention that they wish the holiday season was already over and done with. They also report high levels of stress Thanksgiving, Hanukkah, related to Christmas and Kwanzaa. Considering the amount of travel and expenses divolved, anxiety at this time of year is not uncommon. There are also those who do not have a family to visit. Others do have a family, but do not have the money to travel and buy gifts. Unfortunately, some not want to visit their relatives or have to choose which set of relatives with whom they will spend time.

Television is constantly selling an image of the perfect time for presents, relationships, and food. Don't buy it. During the holidays, we tend to view everyone else as having more fun than we are. The truth is, the holidays are not perfect for anyone. If a significant other was a pain in the neck in October, that person will still be a pain in the neck in December. Recognize that it is a tough time of the year and there will be stress. We need to know what to expect and realize that our feelings are OK.

Don't take on tasks that you don't really want to do. If you like to entertain friends, but can't afford the food, host a potluck supper. Let some things slide. Your family or friends will survive if your house or apartment is dusty. Also, don't deprive yourself of food, which has symbolic meaning during the holidays. This does not mean to stuff yourself; eat a low-calorie snack a half hour before a big meal. It is also important to take time out to do something you enjoy, like jogging, reading or renting your favorite movie to watch alone.

Instead of stressing over buying expensive gifts, you might write to your favorite relatives, letting them know your feelings. You can also give live plants which cost considerably less than items such as a DVD player, video games, lewelry, etc. Some also choose to volunteer at nursing homes or homeless shelters.

The following are some tips to combat holiday stress.

- Reconnect or establish support systems.
- Take part in fun and laughter.
- Allow yourself to grieve if needed.
- Create new traditions or restart old ones.
- Make an "I'm thankful for ..." list
- Practice good health habits.
- Accept what you cannot change.
- Let yourself play.
- Don't over-plan.
- Be patient and tolerant of self and others.
- Schedule private time.
- Continue the holiday spirit after the holidays.

If you would like to talk with a counselor,

please call Office of Student Counseling at extension 7415.

American Academy of Optometry in Denver

For students who are attending the Academy 2006 in Denver, CO, the ICO student chapter of the AAO would like to remind you of all the great networking opportunities.

- Student Welcome Reception sponsored by Vistakon, Thursday December 7 from 5-6pm
- Student Networking Luncheon sponsored by Coopervision, Friday December 8th from 12-1:30pm
- Illinois State Chapter Business Meeting and Reception, Friday, December 8th from 6-8pm at Capital Ballroom 2(4th Floor) Hyatt Regency
- Joint Alumni Reception: Saturday, December 9 from 7-8:30pm
- Australia Party: Saturday, December 9th from 8:30pm – 1am
- Annual Academy Banquet: Sunday, December 10th from 7-11pm

We hope you have an enjoyable and educational experience.

SA Events

12 Bars: Saturday, December 9th, 2006

This year's annual 12 Bars event is right around the corner! The event will be held on Saturday, December 9th and the fun begins at 6:00 PM. We will be hopping to 12 fun and exciting bars in the Rush and Division neighborhood. Wristbands for 12 Bars will go on sale the week of December 4th so don't forget to get volus! The cost includes free cover and several drink specials throughout the night Don't miss out on this night of fun as we celebrate the holiday season! See you all there!!

Optometry Night Live! Friday Jan. 19th:

Got talent? You've got one night to show it off! Stand-up comedy, musical performances, singing, dancing...and of course, the annual class skit competition. Mark your calendars and prepare yourselves for the greatest show yet! More information to follow.

MCA Outing

On Saturday, Dec 2nd join us for our next MCA outing in Chinatown at Penang's for yummy food and karaoke! We will meet in the RC lobby at 6pm. Additional details will be announced in class.

Private Practice Club

I would like to thank all of you who came out to the Private Practice Club Meet and Greet. There was a great turn out of students and the speakers provided us with many great practice management ideas. Keep watching for upcoming events on the Private Practice Club Bulletin Board in the Presidents Lounge. Some of the upcoming events include a field trip to a private practice and a mini-series on how to start your own practice. If you have any questions or ideas, you can contact me, Heidi Bartell, President via email at hbartell@eyedoc.ico.edu.

NOSA News

NOSA would like to thank all of you that attended our fourth annual panel discussion on Nov 15, 2006. The "Many Faces of Optometry" panelists included: Neil A. Crofoot O.D., Hemali Dave O.D., Albert Licup O.D., Joseph W. McCray Jr., O.D., and Floyd D. Mizener O.D., D.O.S, Ph.D.

We would also like to give you all a heads up on the upcoming NOSA **Ski Trip** in January (Jan 12-14, 2007).

RA Applications

Outside of your studies, are you looking to participate in a rewarding and fun challenge? If so, please stop by the Student Affairs Office and pick up a 2007-2008 RC Resident Assistant (RA) application or download an application from the Intranet. RAs serve an important role here at ICO in that they are a voice between RC residents, administration, and staff. RAs have the ability to build many different outstanding relationships at the college by being placed in this leadership role. If this opportunity sparks your interest, applications are currently available in the Student Affairs Office. Applications must be submitted by Thursday, December 14th at noon. If you have any questions about the position please feel free to contact an RA to find out more about it!

Did You Know

Dr. Colip

Retinal Angiomatosis in von Hippel-Lindau Disease

A total of 57 consecutive von Hippel-Lindau (VHL) disease patients with retinal angiomatosis (RA) were followed for 7.3 years to characterize the clinical course of this disease. Age and visual acuity (VA) at diagnosis, angioma number, size, fundus position and growth behavior, functional outcome and risk factors for adverse visual outcome (VA 20/1000 or less) were evaluated.

The onset of RA was observed to occur between the ages of 5.5 and 62.5 years. Ocular disease was unilateral in 58 percent of patients at diagnosis; prevalence of bitateral RA was 100 percent at age 58.4 years. Twenty-seven eyes showed an adverse visual outcome, occurring at a mean age of 23.2 years. Risk factors included large angiomas at presentation, first manifestation at a younger age and symptomatic RA. In most eyes, development of new angiomas was slow, and only small angiomas were detected on annual follow up. Eyes harboring multiple angiomas

or RA complicated by retinal detachment were at risk of developing large angiomas after short follow-up intervals. Formation of new angiomas was largely independent of patient age.

Retinal angiomatosis in VHL disease bears a high risk of severe vision loss at a young age. In uncomplicated RA, annual ocular screening for presymptomatic angiomas is sufficient. Because RA can occur at any age, lifelong ocular screening is recommended in VHL disease gene carriers starting at preschool age.

SOURCE: Kreusel KM, Bechrakis NE, Krause L, et al. Retinal angiomatosis in von Hippel-Lindau disease: A longitudinal ophthalmologic study. Ophthalmol 2006;113(8):1418-24.

Botulinum Toxin in the Treatment of Dermatochalasis

Forty patients with mild-to-moderate dermatochalasis were randomly assigned to receive one of two doses (4 U vs. 6 U) of botulinum toxin type A in the lateral infrabrow. These patients were subsequently followed for 20 weeks.

Investigator assessment showed the proportion of responders (Grade 1 or greater improvement in severity of dermatochalasis on a scale of none, mild, moderate or severe) at Week 2 as 32 percent with 4 U and 47 percent with 6 U. Compared with the lower-dose group, the higher-dose group reported a greater degree of improvement, higher ratings of feelings of attractiveness and a higher incidence of satisfaction.

Single-site injection of botulinum toxin type A in the lateral infrabrow can offer effective treatment for mild-to-moderate upper eyelid dermatochalasis.

SOURCE: Cohen JL, Dayan SH. Botulinum toxin type A in the treatment of dermatochalasis: An open-label, randomized, dose-comparison study. J Drugs Dermatol 2006;5(7):596-601.

Effect of Irrigation with Tap Water on Alkali Burns of the Eye

This study examined the effect of immediate irrigation on ocular alkali burn. Information on the injury, immediate irrigation and ocular findings was retrospectively obtained from each patient's record.

Thirty-six patients (49 eyes) irrigated their eyes with tap water (the irrigation group) and 17 patients (29 eyes) did not (no-irrigation group). According to Hugher's classification, 76 percent of eyes in the irrigation group had Grade 1 injury, while 86 percent of eyes in the no-irrigation group had Grade 2 injuries. Additionally, from the injury until healing was eight days in the irrigation group and 29 days in the no irrigation group.

Immediate copious irrigation with tap water reduced the severity of alkali burns and shortened the healing time.

SOURCE: Ikeda N, Hayasaka S, Hayasaka Y, Watanabe K. Alkali burns of the eye: effect of immediate copious irrigation with tap water on their severity. Ophthalmologica. 2006;220(4):225-8.

Tech Tips

Ahmed Mohammad

Excel Tip

Shade alternate rows by applying an autoformat in Excel

- Select the range you want to format in Excel.
- 2. On the Format menu, click AutoFormat.
- 3. Click the preview image of the list1 or List2 autoformat.
- 4. If you don't want to apply all aspects of the autoformat, click the opions tab, and then clear the check boxes for the types of formatting you con't want.

PowerPoint Tip

Customize your outline for print by expanding or collapsing it

The pext time you want to print the basics from your presentation without printing all of your slides, try printing just your outline. You

can distribute your outline as handouts, use it as notes to yourself while rehearsing or presenting the slide show, or share it with your peers to quickly update them about your slide show. To print an outline, open your presentation in PowerPoint, and then click either the Normal View or Outline View buttons, or expand the Outline pane if you're using PowerPoint 2002. If you want to print only your slide titles, click the Collapse All button on the Outline toolbar. To print the body content of a particular slide while keeping everything else collapsed, position your insertion point in the title of the slide and click the Expand button. If you want to print everything in your outline, click the Expand All button. Once you've formatted your Outline view the way you want it to appear on the printed page, choose File | Print from the menu bar. Finally, select Outline View from the Print What dropdown list in the Print dialog box, and then click OK.

(PowerPoint 97/2000/2001/2002) (TechTips from New Horizon)

Spotlighton the Library

by Kathryn Johnston

Special Library Hours in December

12/19 - 8 am to 5 pm

Wed 12/20 - 8 am to 5 pm

Thu 12/21 - 8 am to 1:30 pm

Fri Dec 22 2006 to Jan 2 2007 - Closed

Wed 01/03 - Regular hours resume

Consumer Reports

Need gift ideas or purchase advice? The Library subscribes to Consumer Reports, the consumer guide to automobiles, electronics, food, insurance, banking and other purchase items. Consumer Reports rates the expensive (cars, plasma television sets, credit cards) to the mundane (peanut butter, cheap wines.) There is a cumulative index for the past year in the back of each issue and each Buying Guide has a five-year cumulative index.

The last five years' issues and recent Buying Guides are shelved at the first floor circulation

desk. Older Buying Guides are in the stacks on the first floor at TX335.A1C6. All may be checked out. The Library also has an online subscription to Consumer Reports through our EBSCO Host service, available from the Library homepage under Websites.

Duanes Clinical Ophthalmology

The Library provides the online version of Duanes Clinical Ophthalmology from our homepage under Full Text Sources. Duanes serves as a handbook/encyclopedia offering authoritative descriptions of all aspects of eye physiology, anatomy, and disease. It includes many full color pictures, which can be copied and pasted into PowerPoint presentations or into documents (with proper attribution) and complete references. Please contact a librarian if you would like to learn how to use this comprehensive resource. (It is very useful for first year students working on their disease papers.)

Photocopying and Printing

Please send any large print jobs (over 15 pages or multiple images) to one of the Ricoh machines. The laser printer (LJ5000N) in the first floor computer lab cannot handle large or complex print jobs. The first floor Ricoh copier/printer/scanner makes color or black and white prints or copies. Please report any problems with the photocopiers/printers to the Library staff.

Studying For Boards

The Library has many books on reserve studying for the NBEO exams, such Berkeley guides (RE953 .B47), TPA Questions (RE953 .B47) and .B47) Workbook (RE953 Examination Review Optometry Multiple-Choice Questions] (RE953 .B47), and Butterworth Heinemann's Questions for the NBEO Examination (RE953 .B885 2006). Rease stop by the Circulation Desk to check out these titles.

In addition, many students have found that rever books for the ophthalmology board

exams can be useful as well. Titles include Review Questions in Ophthalmology: a Question and Answer Book by Chern (RE49.C5 2005) the most recent edition of which is on reserve but can be checked out for a week. The older editions are in the stacks. Also consult The Massachusetts Eye and Ear Infirmary Review Manual For Ophthalmology by ICO consulting retinal specialist, Dr. Rama Jager (RE49 .L3), and Kanski's Ophthalmology Focus in (RESERVES RE49.K3593) and Clinical Ophthalmology: a Test Yourself Atlas (RE49 .K28).

Helpful websites include the Harvard Digital Journal of Ophthalmology http://www.djo. harvard.edu/ and the University of Manitoba Ophthalmology Internet Tutorial at http://umanitoba.ca/faculties/medicine/units/ophthalmology/. Both have practice test questions covering various eye diseases.

Good luck on Boards and we look forward to seeing you in the Library!

Graduation Pictures for Third Years

Paul Studios will take graduation pictures on Tuesday and Wednesday, December 12 and 3th 2006 from 8 a.m., - 4 p.m. in the Gym. Reminders and sign-up sheets are posted on the third year bulletin board.

CLASSIFIEDS

No Classifieds at this time.

RESIDENCIES

Northeastern State University Oklahoma **College of Optometry** Tahlequah, OK

Residency Programs in

- Family Practice Optometry Tahlequah,
- Cornea and Contact Lenses Tahlequah, OK
- Ocular Disease Triad Eye Medical Clinic and Cataract Institute - Tulsa. OK
- Ocular Disease BVA Advanced Surgical Eye Care West - Elk City, OK
- Ocular Disease BVA Advanced Surgical Eye Care Central - Edmond, OK
- Ocular Disease BVA Advanced Surgical Eye Care Tulsa - Tulsa, OK
- Primary Eye Care Fayetteville VAMC, Fayetteville, AR
- Primary Eye Care Muskogee VAMC, Muskogee, OK
- Primary Eye Care –Amarillo VAMC, Amarillo, TX

oitiled by Illinois College of Optometry

- Cornea and Contact Lenses
- Ocular Disease
- VA Primary Eye Care
- VA Ocular Disease
- VA Primary Eye Care/Ocular Disease
- VA Primary Eye Care/Geriatric Optometry
- VA Primary Eye Care/Low Vision Rehabilitation

Brochures on the following residency programs are now available in the Student Affairs Office:

Pennsylvania College of Optometry (at The Eye Institute)

- Primary Eye Care
- Pediatric Optometry/Vision Therapy
- Low Vision Rehabilitation
- Cornea and Contact Lens

Southern College of Optometry

Family Practice at West Tennessee Eye (Memphis area)

*For more detailed information regarding residencies, please stop by Student Affairs.
All residency information is located in the cabinet on the south wall.

SCHOLARSHIPS

For all scholarships and fellowships, please stop by the Student Affairs Office for more information! All scholarship information can be found in the 3rd drawer of the cabinet on the south wall.

Scholarship	Who's Eligible	Amount	Deadline	
Varilux Student Grant Award Program	 3rd and 4th Year Case Report in electronic format 	\$1,000	January 5, 2007 to Student Affairs Office	
ALCON 4 th Year Optometry Student 2007 Scholarship Award – Case Study	 4th Year Students Case Report of ALCON product 	\$1,000 National Winner gets an additional \$5,000	January 31, 2007 to Student Affairs Office	
Jewish Federation of Metropolitan Chicago Academic Scholarship Program	Legal domicility in the greater Chicago metropolitan area.Jewish students with promise	\$500,000. available funds	To apply go to www.jvschicago.org	
AOF Carl Zeiss Vision (CZV) Fellowship	iss Vision (CZV) • One page statement		March 7, 2007 to Student Affairs Office	
HOYA Vision Care Grant and Scholarship Program	 3rd and 4th Year Submit Patient Case study involving HOYA products 	\$1000 National Winner gets an additional \$6,000	April 1 st to Student Affairs	
AOSA Vistakon Travel Grant	 500 word essay Good academic standing 1 page curriculum vitae AOSA member Registered for Optometry meeting by June 1 	2\\$500 travel grants 1-\\$1,000 overall winner	Submit to SAO by April 2, 2007	

The Student Affairs Office has more information, so stop by and check it out.

FITNESS CORNER

Massage Therapy- New and New Therapist!

Do the approaching holidays have you feeling stressed? Are you sore? Do you have a chronic injury such as carpal tunnel syndrome, shoulder impingement or low back pain? Try a seated massage! Regina Gray, a certified massage therapist, provides massage at ICO. Regina's extensive training qualifies her to work on you for problems ranging from simple stress reduction to more complex

musculoskeletal problems. Table massage clients remain fully clothed, and no oils are used.

Cost is \$10 per 10-minute sessions, and gift certificates are available. Regina is on-campus every other Thursday. Please call Shelby at x7460 for further information, to schedule an appointment, or to purchase a gift certificate.

Regina Gray will be here on Thursday, December 7

FREE Personal Training

Are you interested in lifting weights but don't know where to begin? Perhaps your workouts are getting stale, and you'd like some new ideas? Maybe you're more motivated when you have someone telling you what to do next?

The ICO Fitness Center offers FREE personal training. Our trainers are available on an appointment-only basis to provide one-on-one training sessions. Please feel free to drop a note to any of our trainers, and they'll contact you ASAP—just don't forget to leave your full name, phone number, and preferred training time(s).

YOUR TRAINERS ARE	
Kevin Harris	Box 542
Donnie Hager	Box 46
Chris Pavone	Box 220
Emily Pott	Box 246

FREE Fitness Services

The ICO Fitness Center offers the following fitness services: body fat analysis, fitness assessment, equipment orientation, flexibility analysis, general fitness consultation, and workout program

design. For further information or to schedule an appointment, please call Shelby at x7460.

Eye on Wellness

Take Control at Holiday Buffets

Holiday parties tend to offer a bountiful spread of different party foods. This year when you're in line with plate, use these tips to enjoy the special foods without overdoing Before you fill your plate take a look over all the selections. Take your time and decide what appeals to you most. Fill 2/3 or more of the plate with vegetables, fruits, grains and beans and 1/3 or less with animal protein like meat, fish, poultry, cheese or eggs. If you want a higher-fat food, take just a little and accompany it with several lower-fat selections. Eat slowly and savor each bite. Once you have had enough, move away from the buffet and enjoy the company. This information is provided by the American Institute for Cancer Research

The Hektoen Institute of Medicine and The Society of Medical History and Humanities

Present

Vision of the Artist

By Louise A. Sclafani (Ch. FAAO) Associate Professor of Ophthalmology & Visual Science Director, Optometric Services, University of Chicago

Tuesday, **December 5**, 2006 Hektoen Institute 2100 W. Harrison, Chicago Free Parking, Entrance on Hoyne Ave.

Reception: 5:30pm -6:15pm - Presentation: 6:15pm - 7:15pm

Cost \$15

RSVP required: Call Phyllis Wheeler at 312-948-2520 - http://www.hektoen.org

Digitized by Hinois College of Optometry Library

ICO Student Newsletter - Editor: Kathy Brownfield x7401 - December 15, 2006



Focal Point

CAMPUSNEWS

A Time for Reflection & Goal Setting

This will be the last newsletter that you will receive prior to leaving for your holiday break. As students, your schedules are so busy with classes, labs, tests and assignments that perhaps you have not had much time to relax and enjoy the beauty of the holiday season.

The holidays will hopefully present each of you with some much needed time for rest and reflection. I urge each of you to use some of that time to reflect upon your career development to this point. You each selected ICO's excellent doctoral education program to assist you in becoming an outstanding doctor of optometry. This is accomplished in a number of ways both in and outside of the classroom. Take some time to reflect upon your personal development. Are you progressing at the rate that you want? Are you getting everything possible out of your ICO education? Most find that what you get out of your education is directly related to the amount of effort that you have put into it. Have you been putting in maximum effort?

Perhaps the holidays would be a good time for you to set some personal goals to fulfill upon your return to the many outstanding resources available to you during your remaining time at ICO.

In closing, let me issue my yearly challenge to each of your take even a short moment to watch and appreciate a child's eyes and face as they observe the beauty of the decorations, lights and the wonder of Santa Claus.

This is a wonderful season and you should enjoyit's magic.

Best wishes to all for safe travels and happy holidays! See you next year!



The next Focal Point will come out January 12, 2007. The submission deadline January 10.

Thank You

from the Student Association

On behalf of the 2006/07 Student Association, I would like to thank all students for their participation and involvement in our events thus far. This year got off to a great start as the Class of 2009 demonstrated their athletic prowess at the 2006 ICOlympics and on the intramural football field. As the intramural basketball season gets underway, I'm sure that the participants from the other classes will be putting forth their best efforts to prevent from 'sweeping' the '09ers competition.

September saw Bryant Anderson from the Financial Aid Office teach a number of our students a lesson in the 'Art of Poker Playing' at the 2nd Annual Casino Night; the result of this evening is the largest Student Association Scholarship that we have ever been able to offer. This scholarship will be available to all students and details will be provided in the New Year.

On September 17, the record setting monsoon-like rain was no match for the high spirited participants of the 2006 Golf Outing; although many were completely soaked by the end of the event, a great time was had by all involved.

From the IOA Conference to Boo Bash to 12 Bars, you have all demonstrated tremendous school spirit, camaraderie and willingness to share with the community; I feel proud to say that I am a part of this ICO family.

A special thank you those of you who have donated your time and efforts to making 2006 one of the most memorable years at All the best over the holiday season, and in the New Year!

We look forward to seeing you all at Optometry Night Live in January! Nana Owusu SA President

SA Events

Optometry Night Live!

Friday Jan. 19th

Got talent? You've got one night to show it off! Stand-up comedy, musical performances, singing, dancing...and of course, the annual class skit competition. Mark your calendars and prepare yourselves for the greatest show yet! More information to follow.

Eyeball

Saturday, March 3rd

Get your dancin' shoes out! EyeBall is set to take place on Saturday, March 3, 2007! More details to come in the new year.

Also, just a frandly reminder...in case you will not be going home during February break, you may want to bring something back with you to wear to the Eyeball!

AAO News

American Academy of Optometry

ICO had a strong presence at the Academy this year approximate with 20 poster presentations from fellow your colleagues faculty. The Illinois AA0 chapter welcomed Dr. Nick Opitz as their new president. Also, at the meeting the students had the

Ever Pear at just this time, pold and dark December, milies around the world All gather to remember, With presents and with parties, With feasting and with fun, **Customs and traditions**

for people old and young.

-Helen H. Moore

opportunity to attend any CE credit of their choice. This would include over 150 classes to choose from. The exhibition hall hosted numerous prizes given away throughout the meeting. The meeting was lots of fun culminating with the Australia party on Saturday night.

Mark your calendars!!! The next Academy meeting will be in Tampa, October 24-27, 2007. Abstract submissions for next year's meeting can be submitted between May 21 - June 18, 2007. Early registration for next year's meeting ends on September 14, 2007. Don't miss out!

Congratulations to the ten students receiving AAO Travel Grants Ryan Beloungy, Jake Vergin, Melissa Oltz, Priscilla Ramos, Gillian Robinson, Magdalena Kielian, Grace Tran,: Katerin Ortiz, Vanessa Wong and, Ali Harapiak.

Special thanks to the AAO - Illinois state chapter and ICO's Dean Scharre for funding these awards. Another warm thank you for all of you who supported the AAO student chapter's many fundraisers (poinsettia sale, etc). This year the happy recipient for the travel grant funded by your very own AAO - student chapter went to Magdalena Kielian.

Any student questions or suggestions regarding the academy can be directed to Katerin Ortiz (katikat03@yahoo.com) or Grace Tran (gtran@eyedoc.ico.edu).

ICO Alumni

Congratulations to the CO Alumni who received Travel Fellowships.

- Dr.'s Victoria Butcko, Jennifer Harthan, Sandy Phan Vang, Angie Ghanayem, and Elizabeth Sanders - Cornea and Content Lenses Student Travel Fellowship
- Dr.'s Fric A. Baas, Ramona L. Baumfalk, and Kelly Thompson – Were funded by an educational Grant from VISTAKON

Dr. Heather McLeod – New Jersey
Chapter Student Travel Fellowships

NOSA

The 06/07 school year has been a great year for NOSA so far. In August we did a vision screening where we screened over 200 children. In October we had Dr. Ansel Johnson come in and speak about his experiences in Optometry. In November we had a panel discussion entitled "The Many Faces of Optometry" where we had 5 doctors from different backgrounds discuss their experiences.

On behalf of NOSA I want to thank those who attended our events and we hope to see even more people at our future events. In January we will be doing our 4th annual NOSA SKI trip so get your skis/snow boards ready and don't forget to bring a swimsuit for the indoor water park. If you have any questions or suggestions for future events please don't hesitate to contact me: Marvin NOSA-ICO President mhowell@eyedgc.co.edu

SVOSH Thank You!

SVOSH would like to thank everyone who purchased frames during our SVOSH Frame Sale as well as our water bottle sale. Your support is very much appreciated and all of the money raised will help your fellow classmates and colleagues participate in mission trips that will help others who are in need of vision care.

Winners of our Frame Raffle:
Dr. Jurkus: Maui Jim Sunglasses
Debbie Kim: Cinzia Sunglasses
Fatima Bukhari: Prodesign frame
Kristie Charles: DKNY watch

Janet Wheeler: Anne Klein Sunglasses

First Years

1st Year Class Savors Secret Santa Surprises

by Candace Oto

The Class of 2010 experienced a merry holiday with a successful Secret Santa within their own class. A completely voluntary event,

there was an overwhelming response to surprise their colleagues with some holiday cheer. With a budget of \$5-\$10, there were some very creative and thoughtful gifts.

A big thank you to those who were "Santa's Elves," helping with the intake and distribution of gifts: Alina Balasa, Kristin Bertelsen, Andrew Comly, Andrea Eigenberg, Kevin Harris, Henriksen, Michael Landy, Lindsay Sicks, Seth Stanton, Katherine Stola, and Michelle Zickel. Also, warm appreciation goes to the Mailroom workers for their extra hard work, Aalok including Pandya, Reynolds, Josh Bernot, and especially Daisy for her suggestions and guidance. Also, thank you to Nana Owusu, Efren Gomez and the rest of SA for their support.

Did You Know

Dr. Colip

Effect of Cytomegalovirus Retinitis on Visual Acuity Loss Among AIDS Patients

A total of 3,014 eyes of 1,507 patients with AIDS but without cytomegalovirus (CMV) retinitis at enrollment were evaluated for medical history, ophthalmologic examination and laboratory testing collected at enrollment and at follow-up visits every six months thereafter.

For eyes of patients without CMV retinitis at enrollment, the proportions with best-corrected visual acuity of 20/50 or less and of 20/200 or less were 3.9 percent and 1.8 percent, respectively. The incidence rates of vision loss to 20/50 or less, 20/200 or less and to a doubling of the visual angle were 1.5/100 eye-year (EY) 0.8/100 EY and 2.1/100 EY, respectively. Approximately 40 percent of the incident vision loss was attributable to CMV retinitis diagnosed during the follow-up period, and approximately 25 percent was attributable to cataract.

Although the development of CMV retinitis was the most common reason for visual

acuity loss in eyes of patients with AIDS, it accounted for less than half of the vision loss in the study population. Newly diagnosed cataract during the follow-up period

accounted for a substantial amount of incident vision loss as well.

SOURCE: Thorne JE,
Holbrook JT, Jabs DA, et
al. Effect of
cytomegalovirus retinitis on
the risk of visual acuity loss
among patients with AIDS.
Ophthalmol 2006; Nov. 21
[Epub ahead of print].

December Declared "Safe Toys and Gifts Month: by Prevent Blindness America In 2005

The Consumer Product Safety Commission estimated that 202,300 children were treated in emergency departments for toy-related injuries. Of these, 7,820 were eye injuries, including lacerations, abrasions and foreign bodies. Air, BB and Spring guns accounted for a large percentage of the documented eye injuries--but according to Prevent Blindness America, common products such as pens, pencils and crayons have also been involved in eye accidents. In light of these facts, Prevent Blindness America has declared ecember as "Safe Toys and Gifts Month" and urges those who buy toys for children to read product labels carefully and pay close attention to what children play with. For more information and a "Safe Toy Checklist," go to Prevent Blindness America's website at www.preventblindness.org/children/safetoys.h tml or call toll-free, 800-331-2020. For information on toy and product recalls, visit the U.S. Product Safety Commission Web site at www.cpsc.gov.

Genetic Test for Eye Cancer Developed.

A genetic test for eye cancers may allow physicians to determine whether a patient has a good chance of survival or if the cancer is a fast-spreading, aggressive type. Researchers at the University of California's Jules Stein Eye Institute developed the technique, in which a sample of the eye cancer is removed for analysis. If the cancer is a type of ocular melanoma that does not have a copy of chromosome 3, it's much more likely to metastasize; about 50 percent of patients with this type of cancer die within five years of diagnosis. If the test shows that the tumor is not missing the gene, the patient likely has only a one to two percent chance of having the cancer metastasize. The authors of the study believe that the information may also help to develop new research avenues for more effective treatment of this type of cancer.

Tech Tips

Ahmed Mohammad

Use the Find And Replace feature to standardize spacing between sentences (Word 97/2000/2002/v. X/2003) (Computer tip from New Horizon Learning center)

How many spaces do you type after a period? Since the advent of variable-width fonts, many people have abandoned the traditional two spaces in favor of a single space. But regardless of your preference, you've probably had to edit other people's documents to conform to the convention you follow. Word's Find And Replace feature offers a handy way to convert two spaces to one, or vice versa, throughout a document.

Let's assume you need to convert each occurrence of two spaces after a period to one space. First, position the insertion point marker at the beginning of the document. Next, choose Edit | Replace from the menu bar to open the Find And Replace dialog box. In the Find What text box, type a period and two spaces. In the Replace With text box, type a period and one space. Now, just click Replace All. Word then scans the document and replaces each period and double-space combination with a period and a single space. When Word displays a message telling you how many replacements it made, click OK, and then click Close to return to your document.

Display and print out formulas in Excel (2003)

Have you ever wanted to inspect your worksheet formulas on paper but couldn't figure out how to do so? Select Tools | Formula Auditing | Formula Auditing Mode from the menu bar. The hidden formulas will appear right on your sheet. Now, all you need to do is click Print as you normally would to see your formulas in hardcopy form.

Spotlight on the Library

by Kathryn Johnston

Special Library Hours in December

Monday, Dec 18 8:00am-midnight
Tuesday, Dec 19 8:00am-5:00 pm
Wednesday, Dec 20 8:00am-5:00 pm
Thursday, Dec 21 8:00am-1:30 pm
Friday, Dec 22 -Tuesday, Jan 2 Closed
Wednesday, Jan 3 Normal hours resume

New Poster

The new poster in the Library is "Differentiating Features of Congenital Versus Accounted Optic Nerve Pits Utilizing Different Topographical Analyses" by Shmaila Tahir, O.D. and fourth year student Megan Lehman. The poster recently was presented at the American Academy of Optometry's meeting in Denver. Please address any questions to the authors.

Library Homepage From TheView and Intranet

The Library resources can be accessed from TheView via the Library button on top, **OR** the Internal (on-campus) and External (off-campus) links under Quick Links.

The Library also has a link from the Intranet on the top menu under Library.

The Library has two homepages, one for on campus use and one for off-campus. Both list library hours and can search for books listed

in our online catalog. The on-campus or "internal" website also provides full access to all our online journals and books. When off-campus, some journals and VisionCite are available if you have a log in and password, which must be obtained before you leave campus.

Fun Reading for the Holidays

The Library has novels and other fun reading in its paperback section. These donated books are stored in the carrel by the first floor computer room or on the second floor by the newspapers.

New Journals

The Library now has a subscription to the Corrected View: Journal of the Orthokeratology Academy of America. The Library gets this semiannual publication in paper or you can read it online at http://www.okglobal.org/journal.htm#jindex.

New books include:

Dry Eye Disease: the Clinician's Guide to Diagnosis and Treatment, edited by Asbell and Lemp. RE216.D78 D78 2006

The Essential HRT Primer, edited by Fingeret, Flanagan and Liebmann. RE79 .S28 E8 2005

Laws of Seeing by Wolfgang Metzger. BF241.M413 2006

Clinical Neuroanatomy and Neuroscience, 5th ed. by FitzGerald, Gruener, and Mtui. QM451.F48 2006

Happy Holidays! Enjoy your break We look forward to seeing you next year in the Library!

CLASSIFIEDS

No Classifieds at this time.

RESIDENCIES

Information about the following residency programs is now available in the residency file in the Student Affairs Office:

Brochure from Michigan College of Optometry Includes information on the following programs:

- Ocular Disease Residency at the Battle Creek VA Medical Center
- Ocular Disease Residency at the Detroit VA Medical Center
- 3. Ocular Disease Residency at TLC Eye Care of Michigan
- Ocular Disease/Primary Care Residency at VA Northern Indiana Health Care System Fort Wayne Campus
- Cornea and Contact Lens Residency at Michigan College of Optometry

Brochures from the Southern College of Optometry in Memphis Fennessee includes information on:

- Pediatric Optometry and Primary Eye Care at The Eye Center at SCO
- 2. Family Practice Optometry at West Tennessee Eye
- 3. Ocular Disease at Eye Centers of Florida
- 4 Cular Disease at Southern Eye
 - Associates of Memphis
- . Primary Eye Care at Memphis VAMC
- 6. Primary Eye Care at Dorn VAMC

University of Alabama Residency Programs Brochure has information on the following programs:

Family Practice, Cornea & Contact Lenses, Pediatric, Primary Eye Care at the Tuscaloosa VAMC, Geriatric Optometry and Low Vision Rehabilitation at the Birmingham

VAMC, Ocular Disease at OMNI Eye Services of Atlanta and Ocular Disease at Eye Health Partners of Middle Tennessee.

S C H O L A R S H I P S

For all scholarships and fellowships, please stop by the Student Affairs Office for more information! All scholarship information can be found in the 3rd drawer of the cabinet on the south wall.

Scholarship	Who's Eligible	Amount	Deadline
Varilux Student Grant Award Program	 3rd and 4th Year Case Report in electronic format 	\$1,000	January 5, 2007 to Student Affairs Office
ALCON 4 th Year Optometry Student 2007 Scholarship Award – Case Study	4th Year StudentsCase Report of ALCON product	\$1,000 National Winner gets an additional \$5,000	January 31, 2007 to Student Affairs Office
Jewish Federation of Metropolitan Chicago Academic Scholarship Program	Legal domicility in the greater Chicago metropolitan area.Jewish students with promise	\$500,000. available funds	To apply go to www.jvschicago.org
AOF Carl Zeiss Vision (CZV) Fellowship	 3rd Year Students One page statement Curriculum Vita Submit as a PDF file 	\$5000	March 7, 2007 to Student Affairs Office
HOYA Vision Care Grant and Scholarship Program	 3rd and 4th Year Submit Patient Case study involving HOYA products 	\$1000 National Winner gets an additional \$6,000	April 1 st to Student Affairs
AOSA Vistakon Travel Grant	 500 word essay Good academic standing 1 page curriculum vitae AOSA member Registered for Optometry meeting by June 1 	2-3500 travel grants 1-\$1,000 overall winner	Submit to SAO by April 2, 2007

The Student Affairs Office has more information, so stop by and check it out.

FITNESS CORNER

Polar Bear 2007

Polar Bear 2007 is 1911 around the corner. All entry forms are due by Monday, December 18. Please contact Shelby 20 X7460

for more information.

Massage Therapy- New Day and New Therapist!

Do the approaching holidays

have you feeling stressed? Are you sore?

Do you have a chronic injury such as carpal tunnel syndrome, shoulder impingement or low back pain? Try a seated massage!

Regina Gray, a certified massage therapist, provides massage at ICO.

Regina's extensive training qualifies her to work on you for problems ranging from simple stress reduction to more complex musculoskeletal problems. Table massage clients remain fully clothed, and

no oils are used.

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Cost is \$10 per 10-minute sessions, and gift certificates are available. Regina is on-campus every other Thursday. Please call Shelby at x7460 for further information, to schedule an appointment, or to purchase a gift certificate.

Regina will be on-campus Thursday, December 21.

FREE Personal Training

Are you interested in lifting weights but don't know where to begin? Perhaps your workouts are getting stale, and you'd like some new ideas? Maybe you're more motivated when you have someone telling you what to do next?

The ICO Fitness Center offers FREE personal training. Our trainers are available on an appointment-only basis to provide one-on-one training sessions. Please feel free to drop a note to any of our trainers, and they'll contact you ASAP—just don't forget to leave your full name, phone number, and preferred training time(s).

YOUR TRAINERS ARE		
Kevin Harris	Box 542	
Donnie Hager	Box 46	
Chris Pavone	Box 220	
Emily Pott	Box 246	

FREE Fitness Services

The ICO Fitness Center offers the following fitness services body fat analysis, fitness assessment, equipment orientation, flexibility analysis, general fitness consultation, and workout program design. For further information or to schedule an appointment, please call Shelby at \$460.

Eye on Wellness

Myths and Facts on Increasing Metabolism.

Myth or Fact? Exercising first thing in the morning increases all-day energy expenditure and metabolism more than a workout later in the day.

Myth. The number of calories expended during a workout depends on the intensity and duration of the workout, regardless of whether it is in the morning, afternoon or evening.

Myth or Fact? Spicy foods elevate metabolism.

Fact. Foods like peppers and chili do elevate body temperature slightly, which increases metabolism by small increments. However, this elevation is not sufficient to make a difference in the body's ability to expend enough calories to aid in weight loss.

Myth or Fact? The fitter a person is, the faster his or her hetabolism is.

Myth and Fact. As a person becomes fitter and gains muscle mass, he or she burns more calories at rest. However, the energy intakes of some exercise enthusiasts are not sufficient to meet the bemands of their exercise programs. This imbalance may eventually reduce resting metabolic rate.

Myth or Fact? "Yo-yo dieting," which causes people to repeatedly lose weight and regain it, permanently diminishes an individual's metabolism.

Myth. Research does not indicate that yo-yo dieting permanently slows down any component of metabolism.

This information is provided by IDEA Fitness Journal.





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